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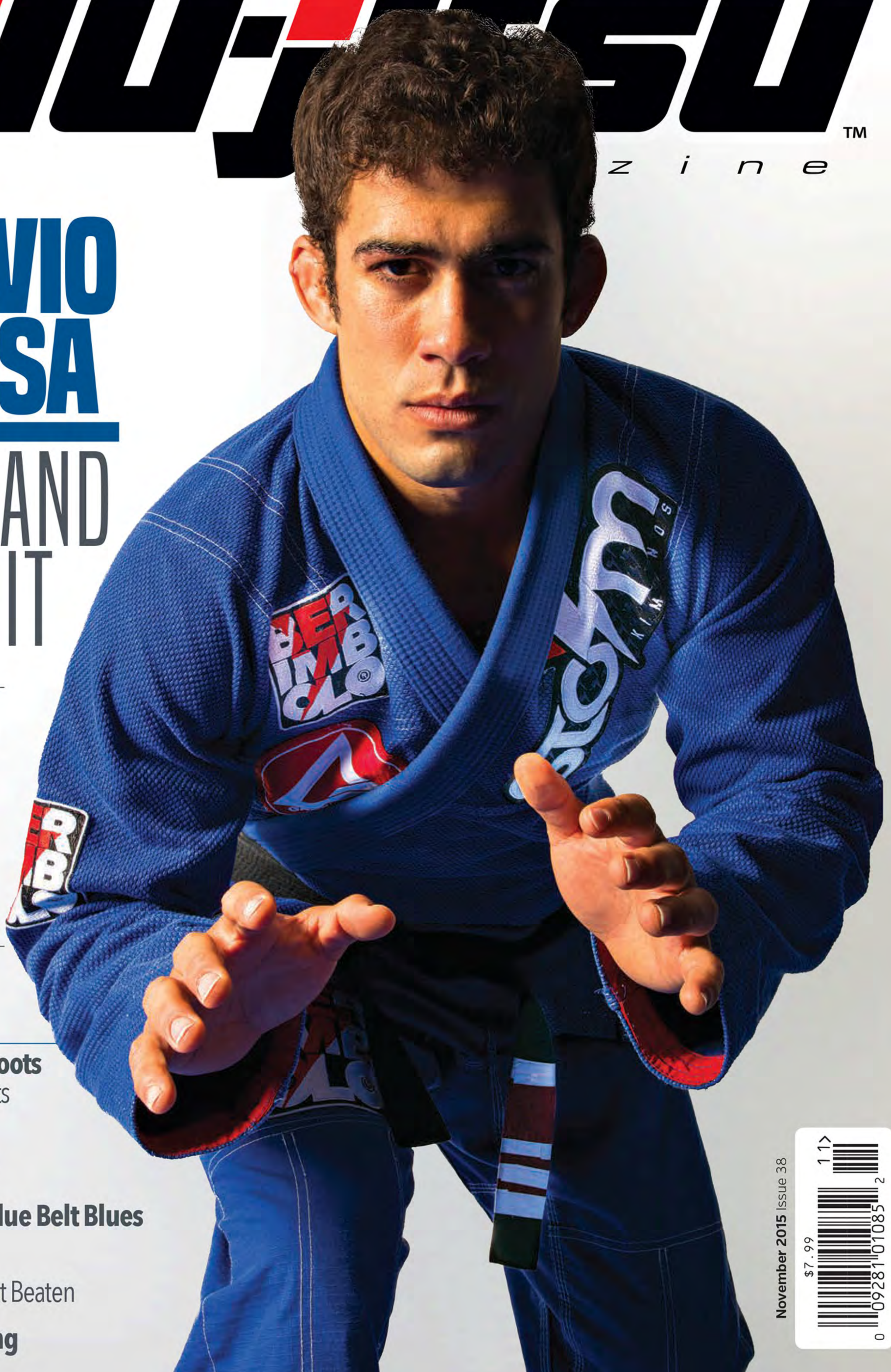

November 2015 Issue 38

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MEET THE EXPERTS

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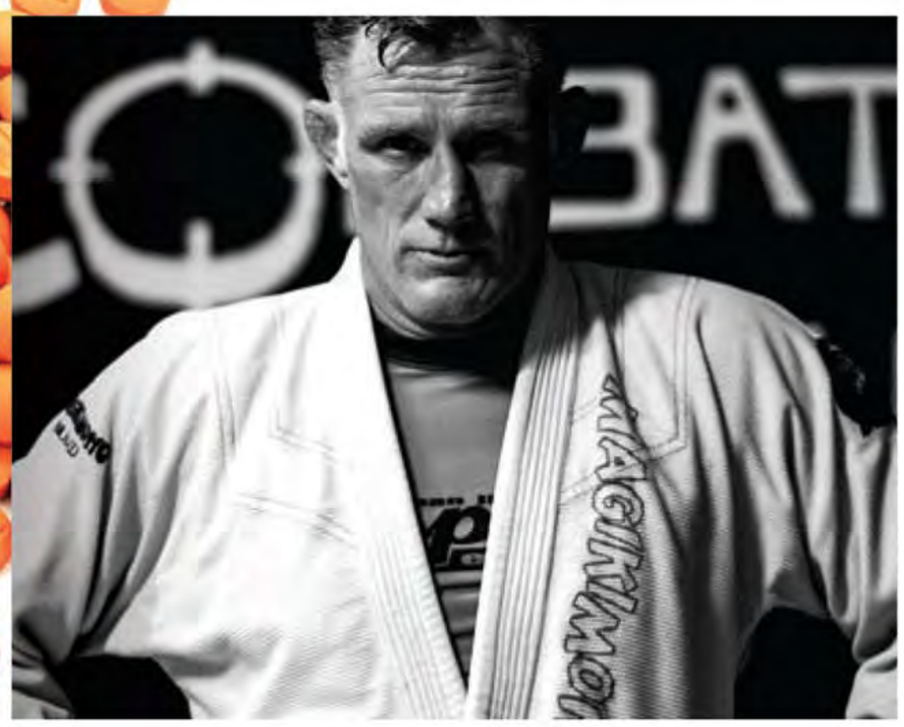
Look for us Online:
@jiujitsumag

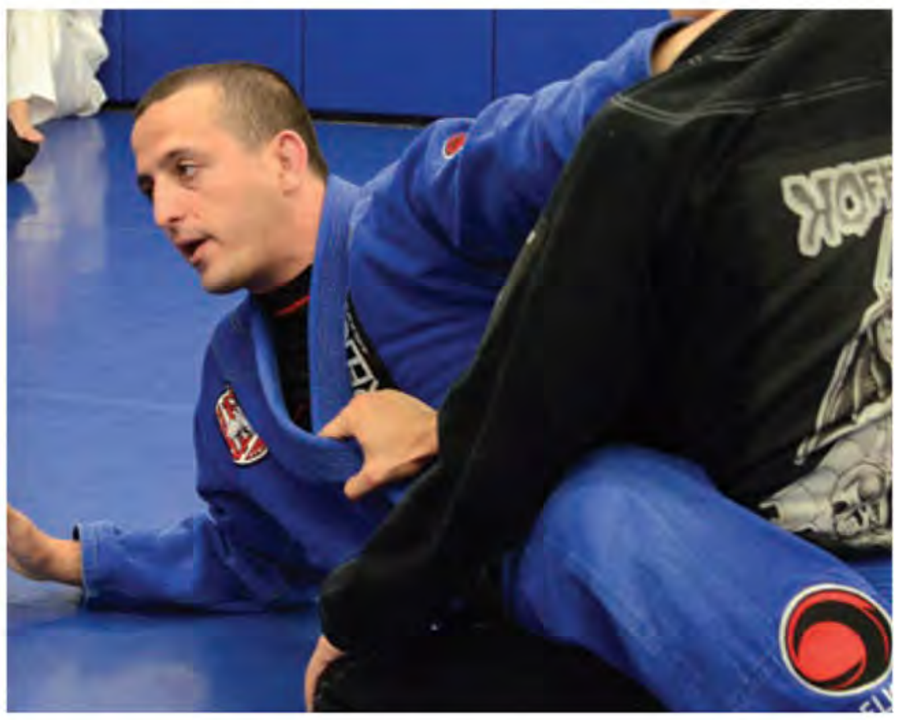
ON THE COVER

Otavio Sousa is ready to pass your guard and submit you! Photo: Patrick Flores



040 SPOTLIGHT

Jiu-Jitsu according to Chris Haueter, opinions and stories you've never heard before.

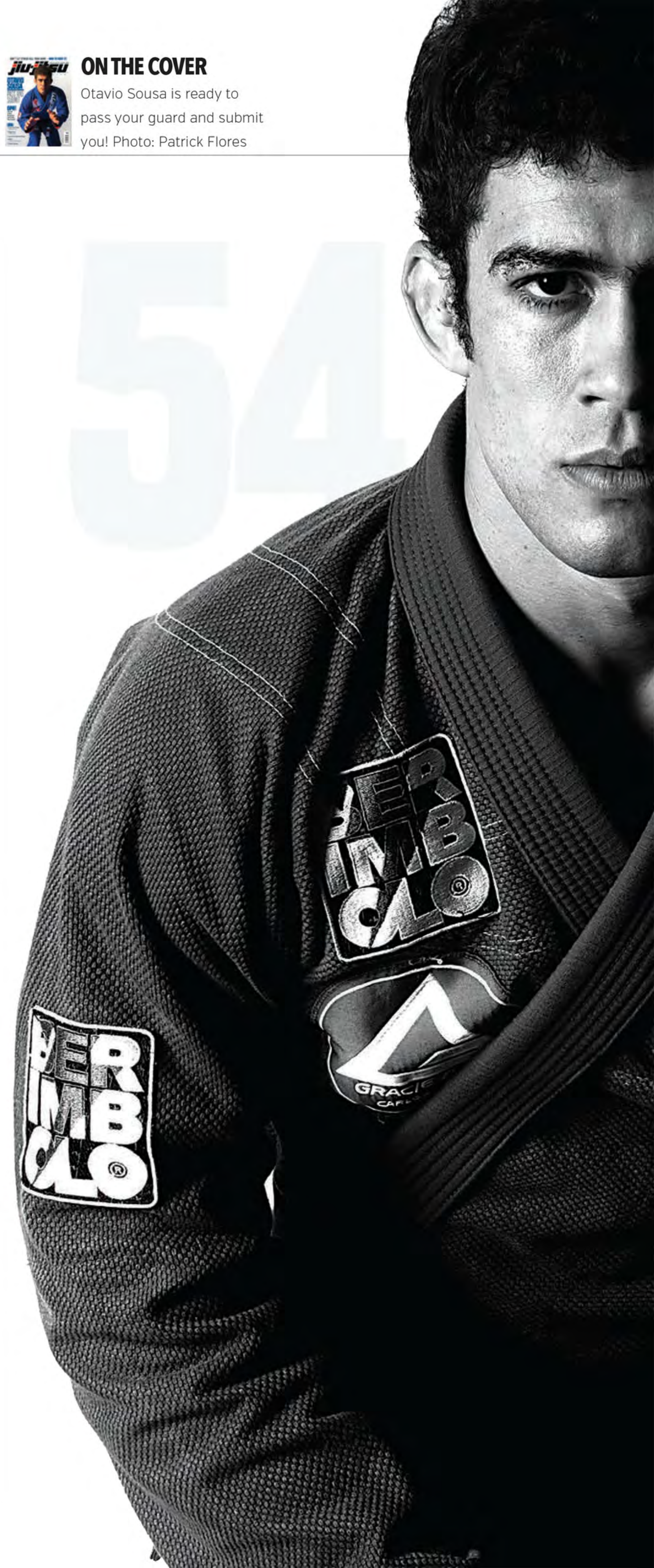


048 BLUE BELT BLUES

Why do so many people quit once they receive their blue belt and how to avoid it.

072 SUPPLEMENTAL TRAINING

Which Other Activities Can Improve Your Jiu-Jitsu.



IN FOCUS

PHOTO: **KENNY JEWEL**

During their semi-final match at the 2015 IBJJF World Championship Keenan Cornelius attempts to jump into a triangle on an unsuspecting Leandro Lo. Keenan was unsuccessful in his attempt but it did make for an interesting photo.

EDITORIAL

TEAMWORK

ONCE A MONTH WE HAVE A BRAINSTORMING SESSION HERE AT THE JIU-JITSU MAGAZINE OFFICE TO COME UP WITH NEW IDEAS FOR CONTENT. AMONG THE TOPIC LISTS IS ONE FOR THIS COLUMN, MY EDITORIAL. On my most recent list, my notes said something like, "The importance of teamwork in jiu-jitsu." It just so happens that Manto's latest ad campaign also has to do with #TEAMWORK.

To anyone looking at jiu-jitsu from an outside perspective, one might think that jiu-jitsu is anything but a team sport, and is more like boxing, or tennis in that it's a solo sport performed in an arena where it's just you and your competition, and no one else. There's nobody to cover second when you have to field a ball, no one to screen the goalie when you take your shot, nobody there to lay out the perfect block as you look for someone to throw to. Baseball, hockey, football, soccer, basketball, and so on; those were the endeavors that would come to mind when I used to think of "team" and "teamwork," not jiu-jitsu. That's probably what you also thought the first time you walked into a dojo and signed up; "it's me against everyone else" is probably a common thought. As you continue the journey, you realize that jiu-jitsu requires teamwork as much as any of the athletic endeavors I previously mentioned, even though the field might look a little different. It may sound cliché, but in jiu-jitsu you win or lose based on how you prepare, how you train, and how you face every opportunity to improve before you step on the field of battle. What you take, and more importantly, what you give your teammates every day in training will have the greatest impact on whether or not your hand gets raised come tournament time. We all have those training "partners" that we'd love to tap, just once, but somehow they manage to get the better of us. By challenging us physically, psychologically, tacitly, and strategically, they're making us better and better. Eventually, we figure it out, and when we do, we need to be thankful for that challenge. I hope for all our sakes that there will always be someone to challenge us like they did, because that is how we get better. And each of us is "that guy" to someone else. You may not realize it, but after training there's someone out there devising a plan, working on an area of his or her game so that the next time you two slap hands, he/she can submit you. That is how the team works in jiu-jitsu, we challenge and teach each other, so that collectively we grow together. If you've been training longer than a year and you're not feeling this in your school, something needs to change. The first inclinations might be to change schools, but before you do that take a look in the mirror. Do you have a desire to improve those around you? I don't mean by trying to instruct everyone, I mean by challenging your teammates to make them better one roll at a time? If the answer is, "No," then maybe you need to change your thinking. The sooner you do, the sooner you'll improve, not only yourself, but also everyone on your team.

Keep Rolling,

MIKE VELEZ
Editor/Publisher
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TRAIN FOR LIFE

Yuri Simoes
2014 Double Gold
NoGi World Champion

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WEIGHING IN

I SPIED

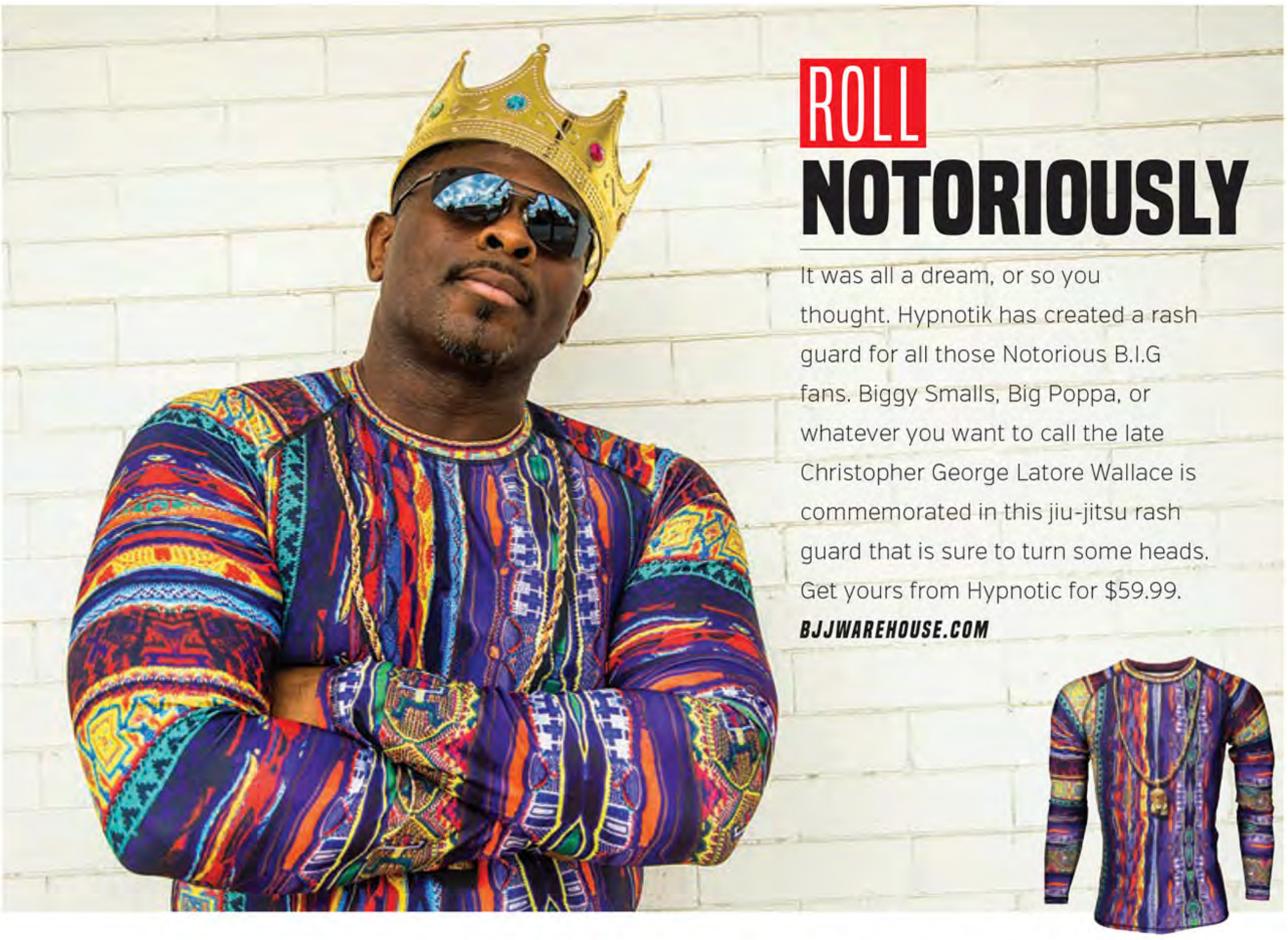
RECENTLY WE HAPPEN TO GET A GLIMPSE BEHIND THE SCENES AT A PRODUCT SHOOT FOR STORM KIMONO. WE COULDN'T GET INTO TOO MUCH DETAIL BUT HERE'S A LOOK AT SOME AMAZING EMBROIDERY WORK THAT WILL BE FOUND ON STORM'S UPCOMING LINE-UP OF WOMEN'S GIS. The gi's themselves will feature all the high-quality features we've come to expect from Storm along with being cut specifically for a woman's body type. We also got a look at an upcoming collaborative piece between Storm and Ludwig Van. The rash guards will featured a limited number of "Submission Series" prints, which were an ode to famous artist Keith Haring. We expect to see both of these new items on-sale in time for the holidays.

STORMKIMONOS.COM

ONE MORE NEW YORK LANDMARK

The next time you're in the Big Apple, you're going to have to take a quick trip 30 miles north to the new Rollmore Super Store that had their officia grand opening on September 20th. The new store stocks many of the same brands and products available from the on-line store. Not sure about a fit? Try it on! It's that simple. On hand for the festivities were Marcos and Abraham from ShowTheArt, Charlie Liu of Digitsu.com and Gareth and Lee from Tatami, who made it out all the way from the UK. The new store is located at 55 West Railroad Ave, Bldg 4, Garnerville, NY.

ROLLMORE.COM



ROLL NOTORIOUSLY

It was all a dream, or so you thought. Hypnotik has created a rash guard for all those Notorious B.I.G fans. Biggy Smalls, Big Poppa, or whatever you want to call the late Christopher George Latore Wallace is commemorated in this jiu-jitsu rash guard that is sure to turn some heads. Get yours from Hypnotic for $59.99.

BJJWAREHOUSE.COM

SCRAMBLE DREAMS OF SUSHI

Do you love sushi? Well, Scramble does! Their new sushi spats are made from a high quality polyester blend. You'll be able to roll for hours in these spats and dream about all the sushi you'll be eating afterwards. Releasing soon, a set of spats will run you $59.99. Sorry, no actual sushi is included, but you're guaranteed to have a great "roll." Get it? See what we did there?

SCRAMBLESTUFF.COM

MODERN FLOW BELTS BY KAATARO

Jiu-jitsu belts are symbolic. We wear them with pride. Some people wear the same belt for years, never washing them. With as much time as we spend with our belts and expect them to hold up, we rarely invest in a belt the same way we would a gi. Modern Flow, in collaboration with Kataaro, has created beautiful works of art. Designed by Meerkatsu, these different colored belts have a unique chess piece associated with them. In addition to the design, the craftsmanship put into each belt is outstanding. The Deluxe version of each belt is hand crafted in America. By using 100% double cotton core, it will provide the belt's owner with a durable belt for training. These Deluxe belts also can be made to feel stiff or soft depending o the athlete's preference. For $89 you can purchase one of the Deluxe belts that will last you a lifetime. A non-deluxe version is also available for $61.

KATAARO.COM

MODERNFLOWBRAND.COM

FUN FACT

- The original type of sushi was first developed in Southeast Asia as a means of preserving fish in fermented rice.

WEIGHING IN

FALLING WITH STYLE – FUJI CRASH PAD

Ronda Rousey has showed us the effectiveness a throw can have in a fight. She has also shown us how much damage can be done to a training partner. Fuji knows the importance of learning these throws, but also understands the needs of the person being thrown. As a result, they've created the Crash Pad. It's a new training tool that integrates with existing mat area and is designed to absorb impact. The beveled edges allows for an easier approach and natural footing when throwing. Measuring 1x2 meters, the mat will integrate with your existing mat system. For $315 (plus shipping) you and your training partners can fall comfortably onto Fuji's Crash Pad.

BUYFUJIMATS.COM

REP YOUR RANK, PROTECT YOUR GRILL

You're out of excuses to not wear a mouthguard when you train. For just $19.99 you can now own a new ranked mouthguard from Damage Control. These new guards are made specifically for the rigors of jiu-jitsu and MMA. They're made of high impact material, that according to Damage Control is 150% more shock absorbent than EVA (EVA is the material most commonly used in other similar products). The new Ranked Line is available in standard colors; white, blue, purple, brown and black, along with green, orange, and yellow. The step-by-step boil and bite instructions make it easy to create a perfect fit. Each guard even comes with a $10,000 limited dental warranty. So don't wait until you have a tooth sticking out of your lip, or could be a stand in for Nick The Tooth, start rolling with a mouthguard today.

DCMOUTHGUARDS.COM

BIG IN COLORADO

Get into any conversation with a "legalize it" advocate and they'll go on about this magical crop that back in the old days was used for everything from rope, to paper, to clothing, even as a fuel. The crop that gets them so riled up is hemp. Well back before the prohibition of hemp it probably would have made a fine gi as well. Fast-forward to today and one company in particular is really taking the lead in making quality gi's out of this mythical material – Flow Kimonos. Flow Kimonos makes cotton gi's as well, but it's their Hemp Series that's put them on the map. Shown here is the Hemp Series Natural White, also available in black or limited release navy blue. The Hemp Series is not made from material derived from hemp, it's made of 100% hemp. It's breathable, soft, and is naturally antimicrobial and anti-odor. The jacket is 550 g/sm basket weave and the pants are cut from 11 oz 100% hemp twill. Every hemp series gi comes with an independent lab report indicating that the gi jacket and pants are indeed 100% hemp. A pretty extensive sizing chart can be found on their website, the Hemp Series comes in one of nine different sizes. Anyone that knows hemp products will appreciate the relatively low $200 price tag. For more information on the virtues of hemp and the Hemp Series gi check out Flow's website.

FLOWKIMONOS.COM

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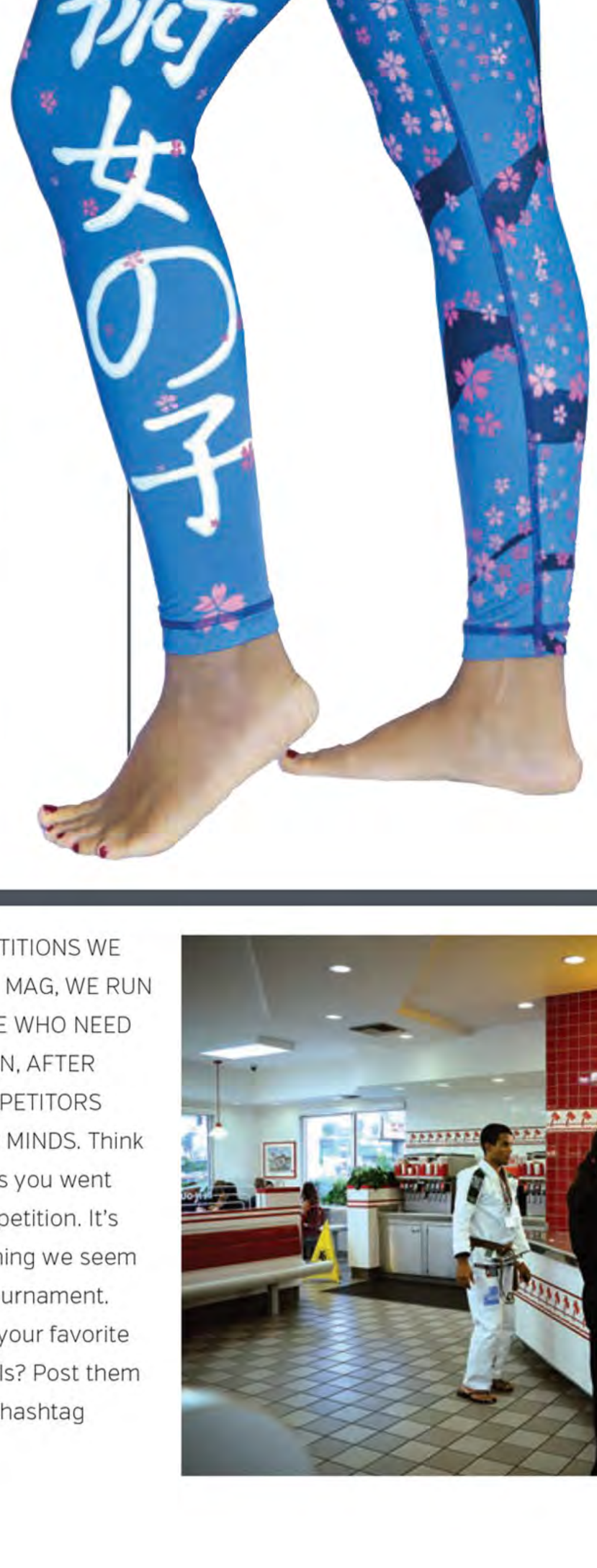
WEIGHING IN

Gentle Art Redux

Another way of saying Arte Suave V2, that's what's coming from Da Firma Kimono. The second version of their popular Arte Suave gi is now on sale. It's available in four different colors (white, black, blue, and navy blue), three different cuts (mens, womens, and youth) and countless sizes (18 in men, 15 in women, and 6 in youth) in each cut. That's a lot of options! The Arte Suave V2 features a 420 g/sm pearl weave jacket with contrast stitching, reinforced stress points, triple-stitching, and EVA foam collar. The pants are made from 10oz ripstop, 6-point belt loop system with Nylon rope drawstring, triple-stitching, and reinforcements everywhere they're needed. At the time we went to press the adult gi's are available for $159 and the youth for $129. This looks to be one of the most popular gi's from Da Firma. Don't wait, check it out before it's too late.

DAFIRMABJJ.COM



HARNESSING YOUR INNER ZEN MASTER

The new Wave and Sakura spats from MANTO have just been released. These spats are a polyester blend, and fully sublimated. These drawstring spats were inspired by Japanese Zen tradition, which the modern grappler can learn a thing or two from. Men and women will both be able to find their place of Zen with MANTO's new spats!

MANTOUSA.COM

WHAT ARE YOU EATING?

WITH ALL THE COMPETITIONS WE SEE HERE AT JIU-JITSU MAG, WE RUN INTO A LOT OF PEOPLE WHO NEED TO CUT WEIGHT. OFTEN, AFTER FIGHTING, MANY COMPETITORS HAVE FOOD ON THEIR MINDS. Think about how many times you went out to eat after a competition. It's almost a customary thing we seem to do to celebrate a tournament. We wonder...what are your favorite post competition meals? Post them to Instagram with the hashtag

#JJMPOSTCOMPMEAL

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WEIGHING IN

WHAT'S LIGHTER THAN A FEATHER?

No hope in dropping that last pound to make weight? No worries, at least no worries if you've got the Competitor Xtra-Lite Gi from Brazil Combat. This is the lightest gi we've ever gotten our hands on. The jacket is made from 400 g/sm pearl weave cotton, is very lightweight and soft The pants are a super light 6oz rip-stop material that's an 80/20 cotton polyester blend. Both the jacket and the pants are made in Brazil. At first glance the construction looks good, there are a few details that will stand out when you when you pick it up, aside from lack of weight. The drawstring feels more like shoelace, and the pants have a unique feel to them. When you put the Xtra-Lite on it's unbelievably comfortable. The A-3 shown weighs in at a super light 2.6 lbs. Yes, that's not a typo, the largest A4 is just 2.8 lbs. This gi also comes with a lightweight price, less than $125 with free shipping in the US. Look for a review in a future issue. We'll see if we make it past inspection, and how well it holds up to the rigors of battle.

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FROM UNDERWEAR TO OUTER WEAR – MOSKOVA MAKES A GI

ONCE OWNED BY QUICKSILVER, MOSKOVA IS A POPULAR SURF BRAND THAT WAS CREATED IN 2009 BY PRO SURFERS MIKY PICON, JEREMY FLORES, AND PATRICK PEVEN. THEY'RE PRIMARILY KNOWN FOR MAKING PREMIUM UNDERWEAR, HOWEVER, HAVE RECENTLY PRODUCED A JIU-JITSU GI. Moskova has sponsored jiu-jitsu competitors, such as Kron Gracie, but this is its first attempt at entering the gi market. The jacket is well designed and branded with Moskova's unique logo. The pants were a larger cut than we're accustomed to, but I'm sure improvements will be made should Moskova deicide to produce more gi's in the future.

MOSKOVA.COM

FUSION FIGHT GEAR – VOLTRON RASH GUARD

Voltron: Defender of the Universe. For those who aren't familiar, it was a popular TV show in the 1980s. Five robot lions would come together to form a super robot called Voltron. Arguably, this inspired concepts in shows that succeeded it. Never-the-less, Voltron was able to make its impact on pop culture. Fusion Fight Gear has created a rash guard with the iconic robot. This long sleeve rash guard is official licensed, has a tight compression fit, and wicks moisture away from your body. You can order your Voltron Beast King BJJ Rash Guard in white or red for $69.99.

FUSIONFIGHTGEAR.COM

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WEIGHING IN

CLARK TAKES ON THE EAST COAST!

THE DETAILS OF THE CLARKOPLATA WERE REVEALED TO 300 JIU-JITSU STUDENTS ON THE EAST COAST THIS MONTH. THE MOVE WAS DEVELOPED BY IBJJF PAN AND NO-GI WORLD CHAMPION, ADIDAS COMBAT SPORTS USA ATHLETE CLARK GRACIE. The omoplata expert found fame as the "Ridiculously Photogenic Jiu Jitsu Guy" meme but he's more than a face-- he's a great teacher, competitor and representative of the sport. Through October 3-5, Clark traveled from his home base in San Diego, CA to the Washington DC area to teach a three-seminar tour organized by adidas Combat Sports USA. A world traveler, Clark had just returned from a trip to Asia where he won the Abu Dhabi Grand Slam in Tokyo before teaching seminars in Japan, China and Thailand. Believe it or not, this was his first trip to DC.

His first stop on the tour was in Richmond, VA on Oct. 3 at Revolution BJJ. It was this group of students who received the most detailed approach to the omoplata. Clark went over the setup, how to maintain the position, variations, and transitions of the move. Liz Sussan, a brown belt assistant instructor from Richmond Brazilian Jiu-Jitsu and Self-Defense Academy, was one of the students in attendance at the seminar. Beyond her initial "so stoked" excitement over the event, she explained: "Everyone in the omoplata seminar seemed ready to study and excited to be learning from Clark. He was weaving in the basics of control and finishing the omoplata with each set up he showed, but didn't hesitate to challenge the group with more advanced set ups and details to use. He really made the seminar accessible to everyone by asking if we had questions and then adapting his seminar to our questions." Once the techniques were taught, Clark opened up the seminar to an open mat where he rolled with the highest ranked grapplers in the room, including seven black belts in a row. He didn't leave the mat until two hours thereafter.

The following day Clark traveled up to DC where he spent time as a tourist at the Korean War Veteran Memorial and Washington Monument, before he and the ACS team headed to BETA Academy for the second seminar of the trip. This time the mode switched from guard to top game as students learned Clark's favorite techniques for competition, which included innovative takedowns and unorthodox guard passing. It was interesting for Clark to see "how the scene is developing. [Head instructor] Nakapan Phungephorn is a tough competitor who runs an academy where that experience is coming out in his students." The students at this seminar were "easy to teach, at a good level and they absorbed the material quickly", Clark observed. Many notebooks and Evernote apps were out as attendees jotted down the details. More rolling ensued; Clark spent so much time on the mats in DC that Abe Lincoln failed to grace his presence.

The third and final seminar scheduled was in Baltimore, MD an hour north of DC at Ground Control Academy. Another in-depth omoplata agenda pleased the huge turnout of students. Scott Viscomi, President of adidas Combat Sports USA, participated in all three seminars with the final stop held at his home academy. He believed the whole experience was important: "This is where the heart of the sport lives and breathes. It's an honor for us to participate and earn a spot in it."

Each seminar allowed Clark to share his techniques and experiences as well as learn from each group of students along the tour. The hosts from all three events received gift from ACS in the form of gear bags, gi's, shirts, shorts, hugs and high fives.

CLARKGRACIE.COM

ACSGEAR.COM

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WEIGHING IN

EBI 5 & 6

The Eddie Bravo Invitational has been growing in popularity due to its exciting matches, much in thanks to its unique rules and format. EBI 5 will feature popular lightweights, such as Eddie Cummings, Edwin Najmi, and Baret Yoshida. It will take place on December 13th at The Orpheum in Los Angeles. As we wait for EBI 5, Eddie Bravo is already making plans for his next big event.

EBI 6 will be held in Mexico City. Right now the event is being planned for April of 2016. This time around, EBI will feature an absolute division. The winner will be able to earn up to $50,000 in prize money. Each submission during regulation will net the athlete $12,500. No money will be awarded for wins in overtime. This will incentivize fighters greatly to go for the submissions and hopefully create the exciting fights EBI is known for.

EDDIEBRAVOINVITATIONAL.COM

PRETTY DANGEROUS IN PINK

Vandal Kimonos Ground Work Project does good for youth jiu-jitsu, their latest offering is the Ground Work Rash guard in black and pink. It's made from a 4-way stretch polyester and spandex blend. It's VK T3 system helps to wick sweat away from your body while keeping you cool and dry. The insides feature chafe-free flat-lock seams. The new rash guard is available in sizes ranging from Youth Small all the way up to adult XXL. Available for $49 at Vandal's website.

VANDALKIMONOS.COM

BEAUTIFUL

THAT'S THE ONLY WAY TO DESCRIBE "THE EAGLE" COMING FROM CTRL INDUSTRIES. IT FEATURES ARTWORK BY NATIVE ARTIST FROM THE HAIDA NATION (PACIFIC COAST OF CANADA) COREY BULPITT. Corey has had his ability passed down hundreds of generations. There are strict rules and guidelines on how these designs are done. His family's lineage is documented as being some of the greatest examples of the art. The Eagle will be the debut of CTRL's unique 420 g/sm pearl weave called "Smooth Pearl" and will be available in both black and white.

CTRLINDUSTRIES.COM

TAKING IT
BACK TO
BASICS

tatami

NOVA/KIMONO

NOVA 2015 / LADIES NOVA 2015 / KIDS NOVA 2015 / NOVA MINIMO

TATAMIFIGHTWEAR.COM

WEIGHING IN

SERGEANT ANDRE

Multi-time world champion and good friend to the magazine, Andre Galvao has been formally asked to build a jiu-jitsu program for UK's elite force, The Royal Marine Commando's. Andre recently said through social media *"After training with the guys there and getting a small insight in to their incredible history, this opportunity is something we at GalvaoBJJ - ATOS are very proud of."* Andre says he will be overseeing their training and making regular visits to the UK to assess their development.

ATOSJIUJITSUHQ.COM

ROYALNAVY.MOD.UK/ROYALMARINES

NEWBREED NORTH CAROLINA STATE OPEN

HURRICANE JOAQUIN UNLEASHED HEAVY FLOODING AS IT ROARED THROUGH THE BAHAMAS ON THURSDAY OCTOBER 1ST AS A CATEGORY-4 STORM WITH MAXIMUM SUSTAINED WINDS OF 130 MPH AND HURRICANE STRENGTH WINDS EXTENDING 50 MILES FROM THE EYE. FORECASTERS WARNED IT COULD GROW MORE INTENSE FOLLOWING A PATH THAT WOULD NEAR THE U.S EAST COAST BY THE WEEKEND. This was not good news for the NEWBREED crew. They had their Annual NUC: North Carolina State Open scheduled for Saturday October 3rd and the projected path of the hurricane looked as if it might have land fall on that exact day.

To make the situation even worse there was also a downward front heading towards the Carolinas on a collision course with the tournament date. The NEWBREED office was bombarded with phone calls and emails as to whether or not the tournament was still on. With some of the crew already on site and the uncertainty of the weather, NEWBREED president David Heller decided to move forward with the event. Fortunately, by Friday October 2nd, Hurricane Joaquin took a westward turn and was going to miss North Carolina and the States but that just made an ideal scenario for the front. There was no dodging it and the rains came.

Saturday morning the day of the event, NEWBREED staff really did not know what to expect but by 10:00 am it was clear...bad weather was no match for the hardcore jiu-jitsu competitors. The athletes and teams began coming in and the decision not to cancel proved right. Athletes from North Carolina, South Carolina, and Virginia were rolling in (no pun intended) and it was evident that there was going to be a great day of competition regardless of the weather. The teams were all competitive but ultimately Great Grappling placed first in the Youth Division and Alliance claimed first place in the Adult Division. The tournament also featured the TUG (The Ultimate Grappler) Qualifier and Joe Solecki, a brown belt representing Serra BJJ/Myrtle Beach, SC won. He is now one of the elite athletes scheduled to compete for the crown of THE ULTIMATE GRAPPLER 2015. The TUG Finale will take place on November 21st in Orlando, FL for a Grand Prize of $2,500. You guys should definitely plan a trip to Orlando and get out of the cold...vacation, roll, and watch the best of the best go at it. Our hearts go out all those affected by this terrible storm. For more information about TUG or the nationwide NUC schedule go to ***NEWBREEDUC.COM***.

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PROMOTIONS

A FIGHTING FAMILY

GOING INTO A TOURNAMENT INJURED IS NEVER IDEAL, HOWEVER, IT'S A REALITY OF COMPETITION. NOW, IMAGINE A FAMILY ENTERING INTO A TOURNAMENT, ALL PLAGUED WITH UNFORTUNATE INJURIES. That's what happened with John Butler and his family during an event in Oregon. Seven weeks prior to the tournament, John's mother fractured her wrist. Five weeks prior, his wife suffered separated ribs. Then six weeks ago, John broke his big toe along with developing trigger finger a couple days before the tournament. With all this said, the three still competed and all placed. John's daughter just tried her first class and his sister has been training for a little over a month now. John's instructor is Ben Baxter. Way to go, everyone!

NEVER TO OLD TO START

When most people turn 60 years old they tend to look back at what they've done and look forward to retirement. Not Paul Gaetano. He started Brazilian jiu-jitsu at 60 and won his first competition. Though his kids are the most gratifying things in his life, winning that competition comes in right behind them. He even puts it in front of a successful business career. He encourages people to throw away their age and just do it! Great job, Paul!

THE NEW ROYCE GRACIE BROWN BELT!

Dragon Martial Arts Academy in Port Alberni B.C., Canada is located on beautiful Vancouver Island. Recently, Royce Gracie promoted the owner/operator of this Academy, Warren Lee, to the rank of brown belt. Warren will continue to train, teach, and promote Gracie jiu-jitsu!

THE CAB RIDE THAT CHANGED EVERYTHING

Five years ago, Brandi Loeper got into a cab in Brazil. He was invited to try jiu-jitsu and was hooked ever since. He recently received his purple belt from Pedro Sauer black belt, Jorge Jimenez of Gracie Balance Academy in Newnan, Georgia.

THE BEST BIRTHDAY GIFT

Jacob Miller has been training consistently since he was 8 years old. He's competed many times and has even won at the adult blue belt level in the past. The day after his 16th birthday he was awarded his blue belt from Royce Gracie black belt Tony Torres-Aponte at Urban Jungle Self Defense. Awesome job, Jacob!

ARIZONA TO DC

Harold Beasley began training in 2013 under Kevin Scott at Phoenix BJJ (Arizona), but relocated to Washington DC in 2015 with his wife, Teresa. He continued to train at Leo Dalla Jiu-Jitsu in DC and received his blue belt from there. He would like to thank his wife most of all for supporting his jiu-jitsu addiction, though she claims to pay Harold's training partners to tap him out.

GETTING BACK TO THE ROOTS!

WORDS: **MACKENZIE ARRINGTON** | PHOTOS: **PATRICK FLORES**

We all know the Gracie's are the root of Brazilian Jiu-Jitsu, but do you know the roots of your food?

THE SAYING, "STAY TRUE TO YOUR ROOTS" APPLIES TO JUST ABOUT EVERY ASPECT OF LIFE. OFTEN TIMES WE LOSE SIGHT OF IT, THOUGH IN OUR EVERYDAY LIVES, WHICH OF COURSE CONSIST OF FOOD AND JIU-JITSU. In jiu-jitsu we see it constantly. I mean, hell, was Helio spending his training sessions playing worm guard or having leg lock battles that would make Eddie Cummings shiver? Probably not, but that does not mean the roots of jiu-jitsu are not ever present in our daily training. So, why is it that we more often than not skimp on or completely skip over root vegetables in our daily diets? Well, it is time to we dig deep and get back to our roots.

THE IMPORTANCE OF BASE

We've heard it yelled at us many times over by a big Brazilian guy that we need to work on our base. The plants we consume do not need that encouragement because they have their systems down. The roots are the heart and stomach of every plant. They soak up all of the nutrients from the surrounding earth to make big, strong and healthy plants. As it turns out, when we harvest said roots, those nutrients are all still packed in the flesh of the tuber. Now do you see how we are robbing ourselves of amazing sources of vitamins, minerals and essential nutrients by skipping over parsnips, beets and other root vegetables?

WHAT'S IN IT FOR ME?

Root vegetables are excellent sources of vitamins A, B and C. Many are also great antioxidants and contain beta-carotene, both of which result in better immune systems, recovery and stronger bones. Beet juice, besides being delicious, also improves the absorption of oxygen and reduces blood pressure, which may increase our physical endurance while training.

Roots are grown in nutrient rich soil, and as a result, are jam packed with vitamins, minerals and fiber. Some of the most common root vegetables available are potatoes, sweet potatoes, carrots, beets, onions and radishes. Though the world of food is not that boring, we also have parsnips, rutabaga, jicima, kohlrabi, turnips, celeriac and Jerusalem artichokes (also known as "sunchokes." See? Doesn't that sound like something you could get into?) The list does not stop there luckily, which means we have a full arsenal of nutrient-loaded roots to slice and dice on any given day.

ROOT STORAGE

All of the vegetables that are in this category are grown underground in damp dark soil. When you bring home your next bounty of roots, make sure to store them in dark, cool areas to slow down spoilage. If you opt to store them in the fridge, make sure to place them in a light proof bag or wrap them in plastic to prevent them from going soggy.

WHO TO ROOT FOR – TOP PERFORMING ROOT VEGETABLES

SOLO STARCH STARS: Sweet and regular potatoes, yuca, and beets. These roots have star power. Packed with vitamins, minerals and some with antioxidants. Each can be used exclusively as a part of your dinner whether you are making roasted beets, mashed potatoes or roasted sweet potatoes. They shine.

BEST TEAM PLAYERS: Carrots, parsnips, radishes, turnips, kohlrabi and rutabagas. Subtle flavors with bold nutrients, it does not get much better than that. These ingredients can be mixed into just about every dish you make without stealing the show.

EVERYDAY ALL-STARS: Ginger, garlic, onions, turmeric, and horseradish. These are everyday ingredients that can be worked into any and every meal. Besides their obvious flavor enhancing qualities, some of these are surprisingly packed with benefits. Ginger is a stand out for its anti-inflammatory and detox qualities, along with being a natural antibiotic.

BEST COOKING METHODS FOR ROOT VEGETABLES

Roots are very versatile and can be prepared in many different ways. The most popular methods being roasted, steamed, sauteed, pickled, boiled and raw.

TIMELESS TUBERS

Most root vegetables are available year round, but the Fall and Spring yield the best flavored and most nutrient root vegetables. On the flip side, beets are best during the Spring and Summer. So there are no down times throughout the year to enjoy some roots.

OPT FOR ORGANIC

In this day and age, we are constantly hearing that everything we consume should be organic. If you eat a non-organic apple, you won't explode. Organic produce is shockingly expensive, but when it comes to root vegetables, it is best to not penny pinch. Roots absorb everything in the surrounding soil, which means the good and the bad. Organically grown root vegetables will be less at risk of absorbing any toxins because they are grown in clean soil.

TAKE YOUR PICK OF THE LITTER

As with every food you select, you want to aim for freshness. Avoid any soggy or soft oot vegetables that have blemishes. Most root vegetables will have their greens attached, so these are a good indicator on the root health. The greener and fresher looking, the better the roots.

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A LITTLE HERE AND A LITTLE THERE

Root vegetables can be the star of a meal, but for the majority of us, we do not want to feel weighed down, and we need our protein, plus that much fiber might make for an uncomfortable work meeting. So, the best way to make sure we are reaping the benefits of roots would be to always add a few into every meal. It is very simple to add a portion of shredded carrots to our salad, a few diced parsnips into our chili or diced sweet potatoes into our quinoa. There is no quick fix here, eating properly is a war of attrition, we are rewarded for consistency over the long haul. A potato here, a turnip there, goes a long way.

COOKING TIP

AVOIDING A STICKY SITUATION

The safest approach to cooking most root vegetables would be to boil and mash them. Have you ever had sticky mashed potatoes that resemble play dough in texture? That is because most root vegetables contain starch, when you over mix/mash them you are activating the starch, which is what makes them sticky. **Mix your roots enough to make them smooth, but avoid over working them.**

THE ROOT CAUSE

Our diets need base. Utilize what Mother Nature has provided us and build around that. Every meal should be as nutritionally packed as possible and it should also be diverse. Having solid root vegetables within each and every meal is a sure fire way to achieve success from a nutritional stand point. If you go into work or the gym and say you want a promotion because you ate all of your carrots for dinner, you probably won't get it, but if you continually eat well you will feel better and be more prepared to put in the work that is required to overcome those milestones. Thus, "ROOTS" are yet another one of the key ingredients in the GrapplerGourmet.com mantra. Eat well, train hard.

JJM RECIPE

OPEN MAT ROASTING

You can select any four random root vegetables for this recipe or a variety of all of them.

INGREDIENTS:

2 Shallots, sliced
½ lb Carrots, peeled, diced, bite size
½ lb Rutabega, diced, bite size
½ lb Parsnips, peeled, diced, bite size
½ lb Turnips, quartered
5 Garlic cloves, minced
1 Tbsp Rosemary, chopped
1 Tbsp Thyme, chopped
¼ cup Olive oil
Salt & black pepper to taste.

DIRECTIONS:

- Preheat the oven to 400° F.
- Toss vegetables, except the garlic, with olive oil, seasoning and herbs in a large bowl until evenly coated.
- Place all of the vegetables in an even layer on a sheet tray or in a baking dish.
- Roast for 30 minutes, stir halfway through and add garlic. Return to the oven and roast for another 30-40 minutes or until the vegetables are soft and h ve decent color.
- Remove from the oven and let cool for 10 minutes before eating or portioning out for batch meals.

This is enough for 4 servings.

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RICARDO LIBORIO
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DON'T LET STRESS KILL YOUR JIU-JITSU!

WORDS: **DR. TOM DETERS AND JOE MULLINGS**

THERE IS A MASTER STRESS HORMONE SECRETED FROM THE ADRENAL GLAND CALLED CORTISOL. CORTISOL CAN CREATE MAYHEM IN YOUR BODY, VIRTUALLY NEGATING ALL YOUR "BEST INTENDED" TRAINING EFFORTS AND ROBBING YOU OF PERFORMANCE IN YOUR JIU-JITSU. While cortisol, in properly controlled amounts, is produced by your adrenal glands and essential to optimal health, it can become your worst enemy when it stays too high for too long. Stress from lifestyle, emotions, fear, anxiety and intense physical training, jet lag and pre-fight adrenaline all raise cortisol levels, which can decrease strength, endurance and overall performance – not exactly what we had in mind.

In this article, we will look at a number of factors that you can use to your advantage to both minimize/ monitor stress, and on the other hand, help your body's physiology deal with the inevitably higher cortisol levels associated with intense training. The goal: To better walk that razor's edge between maximum workout intensity (and all the variables that impact that in terms of modalities, duration, frequency, periodization, etc.) without crossing over into the realm of "overtraining," which is counter-productive.

The symptoms of overtraining/ high cortisol levels are important to recognize:

- Higher resting heart rate
- Depression, irritability, and anxiety
- Decreased energy and enthusiasm
- Decrease in positive mental attitude – feeling overwhelmed
- Decrease in both anaerobic and aerobic performance
- Increase muscle tissue breakdown
- Increase in fat storage
- Decrease in insulin sensitivity
- Slower recovery time
- Decreased connective tissue strength (increasing the risk of injuries and tears)
- Decreased testosterone levels (decreased libido, intracellular protein)
- Decreased thyroid hormone levels

❖ Apps like this one can allow you to quickly and accurately keep track of your heart rate at rest of during training.

SO, HOW DO YOU KNOW IF YOU'RE IN TROUBLE?

Athletes must have cortisol levels regularly monitored, as workouts are not the only variable to raising cortisol levels. A bad break up in a relationship could now cause this week's training to be too stressful, as compared to last week's training (without the emotional stress). Early morning resting pulse is a crude, but valuable test, whereby upon waking, before getting out of bed (even before going to the bathroom) the resting pulse is taken. Athletes who are in high stress/overtrained mode can show an increase of 10 beats per minute above their normal resting pulse. Additionally and ideally, salivary cortisol testing (considered by many to be the Gold Standard) can be done intermittently throughout an intense training camp leading up to a competition in order to monitor the stress levels of the athletes so that training can be more precisely modulated.

Even if you don't or can't test, assume that given our society, our lifestyle, constant overstimulation from electronics (text, email, and social media messaging), relationships, financial stresses and intense training, your cortisol levels are on the chronically high side. Also, realize that nothing covered here will lower your cortisol below normal, healthy levels.

BATTLING CORTISOL

At the risk of stating the obvious, the best ways to reduce cortisol levels are to remove the stressors. As mentioned earlier, not all stressors are bad, and not all stressors are emotional in origin. Infections, illness, skipping meals and high sugar/high refined carbohydrate intake (which is linked to higher cortisol levels) also stress your body's systems. Keep your workouts, especially intense workouts, no longer than 45-60 minutes in duration, as many studies have shown a sharp rise in cortisol levels beyond that time. Note too that without stress reduction/control, eventually all the below support measures will eventually fail.

Here we will focus the majority of our efforts, not on relaxation techniques, such as massage, yoga, meditation, self-hypnosis and deep breathing techniques (all of which do help reduce stress and are recommended!), but rather we will focus on nutritional practices that may offer some relief.

NUTRITIONAL GUIDELINES

The goal of any nutritional program should be to meet the momentary nutritional demands of your body! Having said that, maintaining stable levels of proteins (amino acids) and glucose, while minimizing peaks and spikes, is key. Having these nutrients immediately available helps protect against the catabolic processes that cortisol creates. This translates to small frequent meals throughout the day and complex carbohydrates and high-quality proteins immediately after training. Simple sugars can raise cortisol levels. Low glycemic index foods (meanings foods that do not raise insulin levels rapidly, such as complex carbohydrates) have also been shown to help reduce cortisol levels. In fact, diets that contain lower carbohydrates and higher proteins seem best to resist cortisol responses.

MICRONUTRIENT SUPPLEMENTATION

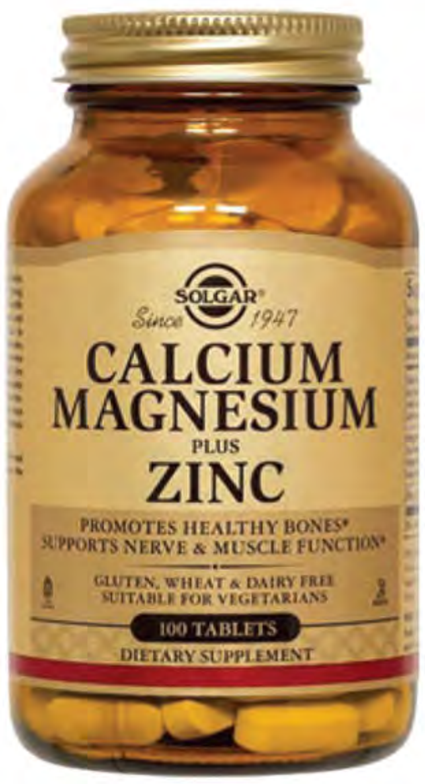
Given the issues of food transport, processing, storage and cooking, typical foods are a poor source of vitamins, minerals and trace elements. Supplements are an effective option even with less than perfect absorption. This is especially true given the fact that the nutrient concentrations necessary for optimal performance and health are far greater than are available in foods. Below are some key nutrients that have been shown to be important and effectual in controlling cortisol levels from both the extreme stress of jiu-jitsu training as well as the stress of life.

Vitamins C and B-Complex

In the seminal work "Adrenal Fatigue: The 21st Century Stress Syndrome," authored by Dr. James Wilson, he points out that all the B vitamins work together for the production of adrenal hormones. In particular, pantothenic acid, B-6, and niacin are key nutrients in adrenal gland function. While they support adrenal hormone production, they also protect against the effects of too much cortisol. B-complex must, according to Dr. Wilson, be in proper proportion to each other. He suggests that a formula with 50 to 100 mg of B-6, 75 to 125 mg of B-3 and 200 to 400 mcg of B-12.

Stress not only increases cortisol levels, but also produces free radicals. Free radicals are combated by anti-oxidants like vitamin C, which protects cells. Humans are rare mammals in that we do not produce vitamin C internally, so it is an essential dietary nutrient. Vitamin C is "water soluble" which means that it is flushed out of the body on a daily basis and, therefore, needs to be taken throughout the day. It is wiser to increase vitamin C during times of increased stress (mental or physical), and it is critical to connective tissue (tendons and ligaments) healing. Top level athletes are known to consume 1000 mg of vitamin C three times per day.

Calcium, Magnesium, Zinc, and Trace Minerals



The stress hormones adrenaline and cortisol both cause magnesium depletion. A magnesium deficiency can cause anxiety, leading to more stress and more depletion in a vicious cycle. Interestingly, the Paleolithic or caveman diet, which was basically meats and vegetables, had a calcium to magnesium ratio of about 1:1, compared to a 5 to 15:1 ratio in our modern diets. Calcium is emphasized, but magnesium is critical to increasing serotonin, which promotes proper sleep and relaxation. Zinc is another key mineral and has been shown in studies to reduce cortisol levels. Trace elements, such as selenium, chromium and iodine are key to nervous system function, insulin activity, and thyroid function – all of which are negatively affected by high cortisol levels.

Amino Acids

L-glutamine is one of the favorites of bodybuilders – and it should be a favorite of those rolling jiu-jitsu or fighting MMA. Glutamine is key to supporting immune system function (the immune system becomes weakened from prolonged high cortisol levels) and is one of the most anti-catabolic amino acids in that it helps protect muscle tissue from breakdown during intense training. In this sense, glutamine helps to combat the negative effects of cortisol.

The branched chain amino acids leucine, iso-leucine and valine (BCAAs) are also favorites of bodybuilders and are of benefit to those of us training in BJJ or MMA. In a 2010 issue of the "Journal of Strength and Conditioning Research," researchers found that BCAAs supplementation used by those undergoing resistance training, resulted in cortisol levels to be lowered as compared to the control group.

Phosphatidylserine

Prolonged stress, either physical or mental, which causes chronically high cortisol levels, can damage not only the body, but the brain as well. Phosphatidylserine not only can protect brain cells from cortisol-induced damage, but can also reduce cortisol levels directly. In a study published in the 2004 journal of "Stress," it was shown that 400 mg of phosphatidylserine experienced reductions in cortisol levels compared to the other groups.

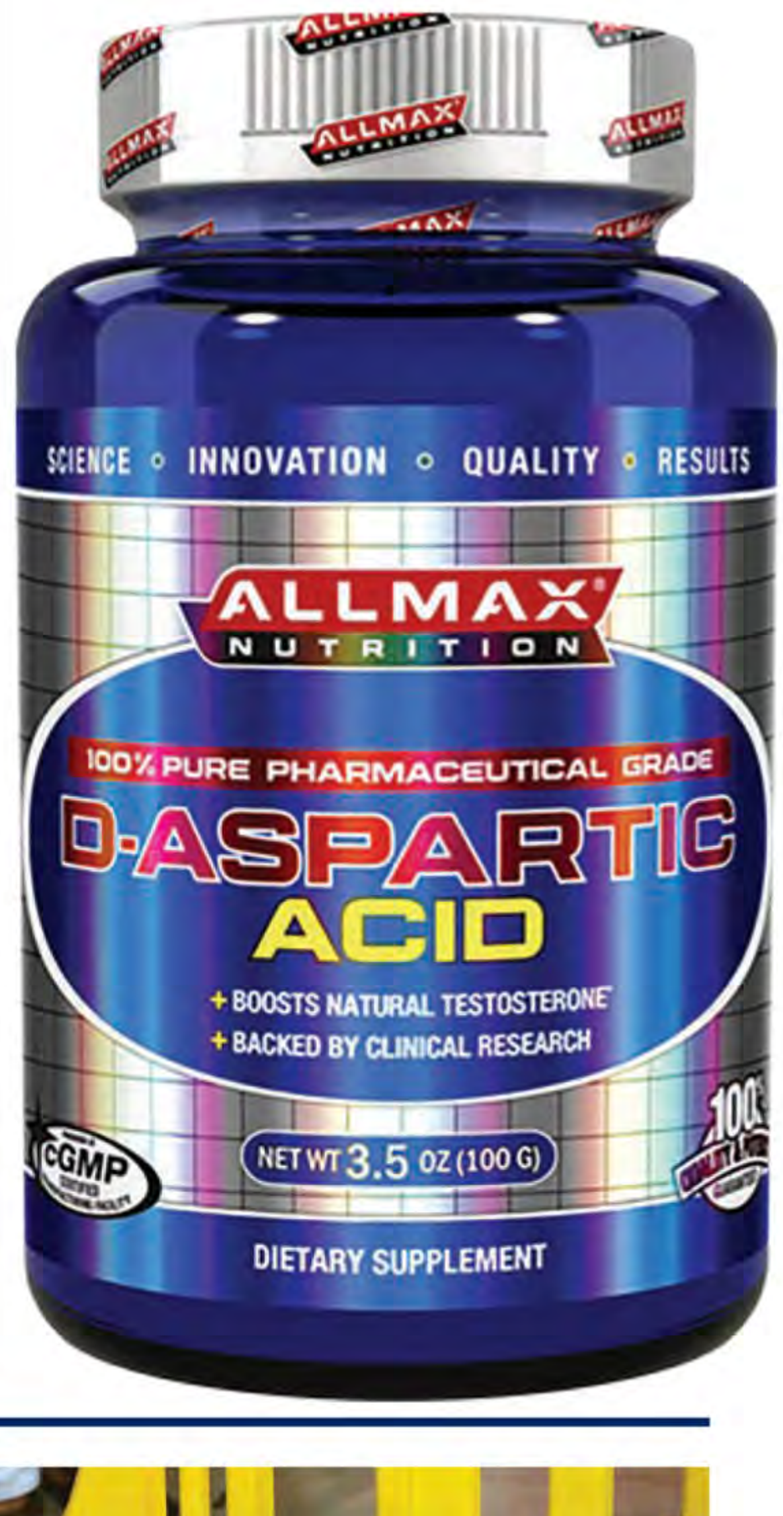
❖ Many supplements that promise cognitive benefits contain Phosphatidylserine.

HORMONAL SUPPORT

Cortisol impacts a wide variety of hormones, and as such, these hormones [testosterone, thyroid, insulin, etc.] should be monitored during training camps. Even in a healthy young male, extreme stress can dramatically lower testosterone levels, thyroid function, and insulin sensitivity. Nutritionally and/or medically supporting these systems can be helpful.

Acetyl-L-Carnitine [ALC] has been studied in Alzheimers patients in the hopes of improving cognitive function. One study showed that long-term use of Acetyl L-Carnitine lowered cortisol in these patients. Research on rats and mice has shown that ALC increases the luteinizing hormone that may, in turn, elevate testosterone. How these results carry over to healthy athletes remains to be seen, but some strength and conditioning coaches and their athletes, believe that ALC supplementation can lower cortisol and increase testosterone.

Another amino acid being studied and showing promise is sodium D-aspartate, which induces an enhancement of LH and testosterone release. D-aspartic acid is a physiological amino acid occurring principally in the pituitary gland and testes and has a role in the regulation of the release and synthesis of LH and testosterone in humans. In other studies on N-methyl-D-aspartate [NMDA], findings suggest that growth hormone secretion may be enhanced. Additionally, Mucuna pruriens have been reported to return high cortisol levels in psychologically stressed men back to the normal range.



SLEEP AND REST

We can't close out any article on stress and cortisol without a final mention on sleep. Sleep is the single best, and most important way to manage stress and cortisol levels, rejuvenate the body, enhance hormone levels and support anabolic [growth and tissue repair] processes. The goal is a minimum of eight hours uninterrupted sleep per night, or more if you can get it. Naps are great, too, and numerous studies document their stress reducing benefits. If you can't get a nap, at least carve out some quiet time [with your phone off!] to let your mind slip into neutral and feel your stress levels fall!

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WHEN THE MEDAL IS NOT YOURS

WORDS: **KID PELIGRO**

BACK IN THE DAY, WHEN I WROTE FOR ANOTHER PUBLICATION, MY MASTER, MASTER ROYLER GRACIE, ALSO HAD A COLUMN IN THE SAME MAGAZINE AND HE WROTE A COLUMN BY THE SAME NAME AS THIS ONE - "WHEN THE MEDAL IS NOT YOURS!" THAT WAS OVER TEN YEARS AGO BUT IN LIGHT OF SOME RECENT EVENTS AND THE GREAT NUMBER OF COMPETITIONS, I BELIEVE THE SUBJECT NEEDS TO BE ADDRESSED AGAIN.

In his column Royler said "The first time I heard about steroids, was about 15 years ago, at a jiu-jitsu tournament. Someone I knew sat next to me and said that he had just returned from abroad and that he saw a few people taking some substance that really improves everything. The stuff they are taking makes you stronger, faster, quicker, it also makes you heal faster from your injuries, have better endurance, just about everything that an athlete or a fighter could want. I remember saying to him: "That is great, this stuff must be good!" That was 15 years ago, I didn't know anything or any better about these substances. Today, we know fully about the terrible side effects of steroids and performance-enhancing drugs.

In the past couple of years, the IBJJF has implemented a strict substance testing policy and some pretty big names have been stripped of their titles. Without going into the mechanics of the IBJJF testing, their procedure is based on the highest US standards and done under the regulation and supervision of the Unites States Anti-Doping Agency (USADA). A clean sport is a better sport and especially in the case of a martial art like jiu-jitsu.

Top competitors are role models for young people, and they should lead by example. If the newcomers to the sport believe that using performance-enhancing drugs will help them win medals and become as famous as the top champions ,they will follow their lead. But, as the case is becoming now, if they know that doping leads to punishments and disqualification and that the top champions like Marcus "Buchecha" and Andre Galvao (just to name a couple) are achieving great heights in the sport without breaking the rules, they will too.

Winning is not easy, there are no legal shortcuts. Hard training, dedication, and sacrifice earn you a championship. For a while, some tried shortcuts, but now, thanks to the IBJJF's new policy, they no longer get the rewards for their actions.

I was present a few years ago when a competitor had a heart attack and died on the mats during the Worlds in Rio. That young man, a brown belt at the time, was, according to several news reports, declared to be under the influence of huge doses of stimulants that are normally used for horses. I can only assume that the lure of gold and the fame and the ability to be able to provide for his family led him to pursue this course of action. Nowadays, if we can spare one life then the program is well worth the extra effort.

So my advice is this, pursue your dreams and train hard but stay clean and healthy; life is too precious to risk taking substances that can damage your body.

And as Royler put it at the end of his column: " If you are a competitor, stay away from steroids, win the medal for yourself, not for the drug!"

Now go train Jiu-Jitsu.

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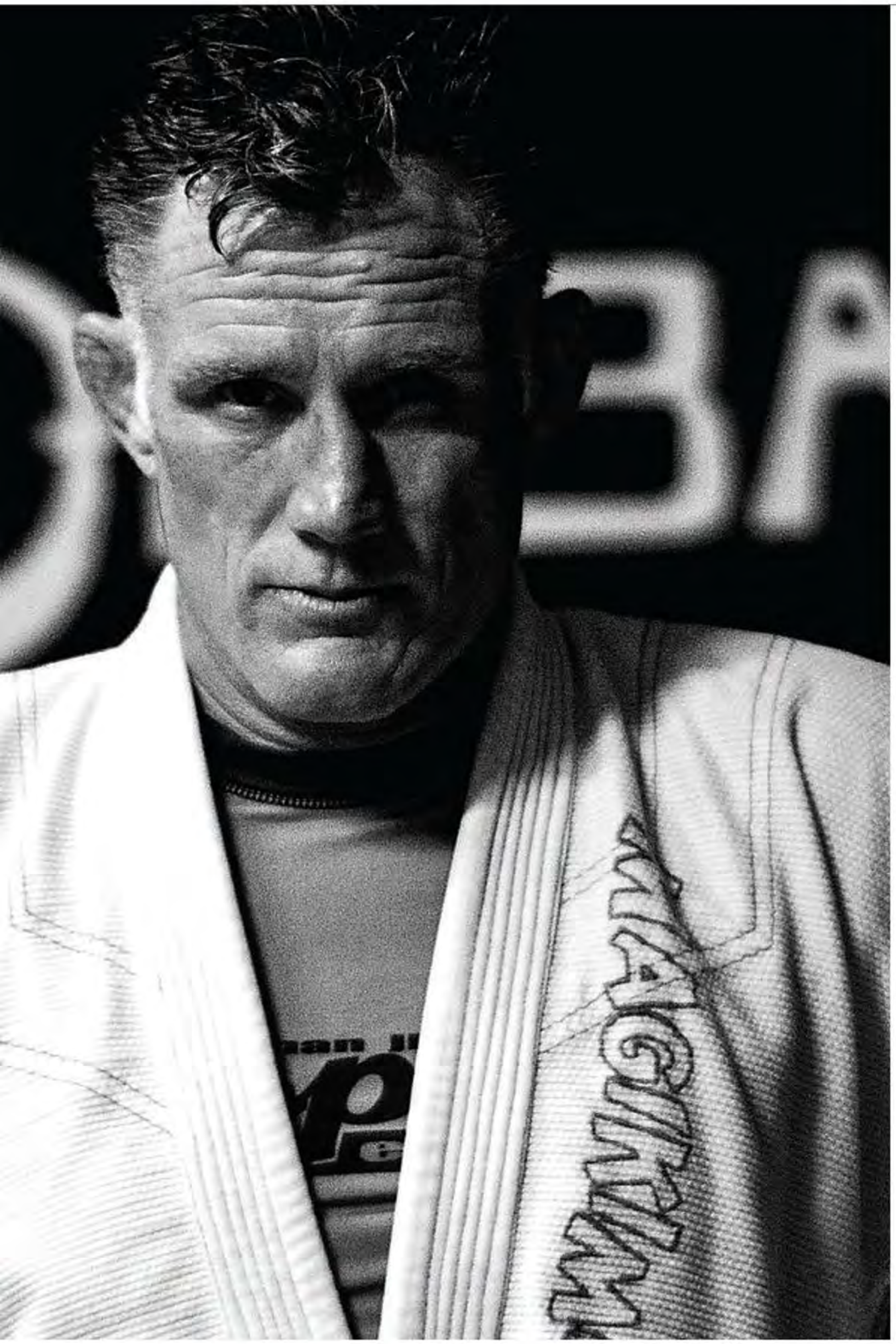
THE JIU-JITSU WORLD ACCORDING TO CHRIS HAUETER

INTERVIEWER: **MIKE VELEZ** | PHOTOS: **PATRICK FLORES** | ORIGINAL ART: **CHRIS HAUETER**

CHRIS HAUETER IS BOTH A LEGEND AND AN AMERICAN PIONEER IN JIU-JITSU. HE IS A 5TH DEGREE BLACK BELT UNDER RIGAN MACHADO. Most importantly, he is one of the Dirty Dozen, a term that describes the first 12 non-Brazilian BJJ black belts. We were lucky to catch up with Chris and have him share his decades of wisdom and experience with us.

"I THINK THE REASON WHY WE INITIALLY BEGIN MARTIAL ARTS, AS YOUNG MALES, IS BECAUSE WE WANT TO LEARN HOW TO FIGHT TO DEFEND HONOR."



So, give me the story of Chris. How did you discover jiu-jitsu, grappling or wrestling, where did it start?

Jiu-jitsu, my story begins like most young males. I was aggressive and insecure, and I liked to fight a lot, probably more than most. There was a period where my nickname was Marty McFly (Chris shares an uncanny resemblance) because I couldn't turn down a fight if you called me a pussy.

It was easy to goad you into a fight

Yeah. My buttons were easily pushed. When I graduated high school, I weighed 119 pounds. I always loved martial arts growing up. I did karate at our local karate school for a lot of years in elementary school. High school, I began wrestling right away. I knew that it was a martial art even though it was a sport. Most people, until UFC, wouldn't have even thought wrestling was a martial art, but I always knew what it was. It worked very well on the street. I'm not proud that I street fought. I won most of my street fights because I chose them well.

You said it was easy to get you to fight somebod . Did you ever talk it out or would you pretty much go with anybody?

Yeah. I mean, it's like one of those things; it's my opinion...for the American male to say that they're doing martial arts for self-defense is completely absurd. Nobody attacks young athletic males. We do martial arts because they are martial arts, warrior arts. The American public has sold them as self-defense. If you are maybe an old person, or a frail person or a female, I can understand you doing martial arts because you feel like there's a chance you may need to defend yourself, but ultimately, athletic males are not victims of violent crime. They're not raped or mugged as much as the media likes to make us think.

I think the reason why we initially begin martial arts, as young males, is because we want to learn how to fight to defend honor. I don't know if that's the right reason or the wrong reason, but I think that's the most honest reason why most of us start. I think through the process of learning it, the humility acquired from even the black belt level, you still get beat and beat a lot. Unless you are Rickson Gracie or Jean-Jacques Machado, you're going to get beat and even they know that they are human. So, that pride... the fight over pride becomes more of a contest among other warriors; I'm not worrying about the layman in the street who's going to attack me, so I need to defend myself, which creates martial sports. Most of us, by the time we're three months in, we at least realize, hey, there's way more to this than self-defense. This is a whole art and a fun game and it's deep and I want to learn it. For me, I got hooked right off the bat.

I wrestled in high school, did a little bit of boxing after and then I got involved in the du Kali Jeet Kune Do world, which I thought was really cool. I love all of the Inosanto guys and Guru Dan Inosanto is an encyclopedia of martial arts. I can consider him to be my ethical mentor in all martial arts.

Shortly after my one and only pro Muay Thai fight, which I won, but it hurt really bad, I decided I would go back to wrestling. I went to the El Camino College wrestling room, in order to start wrestling again. When I arrived, I saw Mits Yamashita instructing, what looked to be,

grappling in a gi in his Aikido club and I looked at him and I go, "Mits, I don't think that will work." It was an upa escape out of the mount. So he said, "Why don't you try it?" And I said, "Well, I've been wrestling and I think I can escape out of that easily." So I turned and exposed my back and he choked me out and I said, "Hey, I think I'm going to try it again" because this was back then, pre-UFC and a guard was something I'd never even seen before and then somehow we went again and I ended up in his guard and he choked me out again and arm locked me.

He was, at the time, a white belt in jiu-jitsu, but then you know after I get tapped out a couple of times, I go, "Wow! I want to learn Aikido" and he says, "This isn't Aikido, this is actually jiu-jitsu and a special kind, and I'm not really allowed to even instruct it, but here's the guy's number who will instruct you." He wrote down Rorion Gracie's number, which I immediately went home and called and scheduled a private that week.

Royce was my first private instructor, and at that time it was in Rorion's garage, and it was Rigan Machado who was then called Rigan Gracie.
It was Rigan, Royce, and Rickson, in Rorion's garage. I knew like, wow, I have hit the gold mine of martial arts. It was $20 a private back then, in 1988, and I was hooked instantly. I was a purple belt when UFC 1 happened, and I knew Royce would win, no doubt in my mind. I was in Florida for 9 months, and I did challenge matches against guys in the kung fu club, and the karate club, and I knew I'd kill them. You know, knowing

"I WAS WITH A MILITARY UNIT ONCE, A SPECIAL OPS UNIT, AND WE HAD TRAINED WITH ALL KINDS OF OTHER GUYS."

jiu-jitsu, pre-UFC in the United States, was literally like having an AR-15 while everyone else had a musket. You knew beyond a shadow of a doubt that you would win.

I was with a military unit once, a special ops unit, and we had trained with all kinds of other guys. I hate to say this, because it sounds so cheesy, but back then I could throw $20 on the ground, and say, "None of you guys will last a minute." No one even knew what a tap meant; you would have to put them in a spot, usually a couple times, until they were utterly convinced. When I look back at it now, it seems really cocky, and in a way it was, but people thought it was a fluke because it was too gentle when you would arm lock them, or rear naked choke them. They believed it was a fluke.

Like a parlor trick or something?

Yeah, like a parlor trick. Because there wasn't any pain experienced, they would go, "I want to do it again," but then they would hit you, right? It's like I remember one guy, who I had a challenge match against, he was a guy from the hood, and he was going to fight Rigan, and then he said, "Well Rigan is too big, and he would beat me, but that dude over there I would beat him," and I'm like a blue belt, of course, so he thinks he's going to beat me. I shot in, took him down, he exposed his back, and I choked him. The next time I shot, I got hit maybe once or twice on the ground, but choked him again. Then Rigan grabs me, and he goes, "You're being too nice. He thinks it's a fluke, this time, mount him, and just hit him," so I mounted him, and I started hitting him. Then he sticks up an arm; I start arm locking, I look over at Rigan and he goes, "No. Hit him, and then arm lock him, and go one inch past the lock," so at night he could feel it, and know it wasn't luck. If you're hurt, you know it's not luck. That was kind of the old school way of doing things.

Tell me more about the challenge matches.

I don't want to speak for the Gracies, or any of the old school mentors, but I understand why they had that challenge. Again, like in today's terms it might seem pretty arrogant, and it's like, "Oh these guys are bullies even," but it really was a thing where people didn't believe that grappling was a martial art, wrestling, judo, jiu-jitsu, not like kung fu or karate; the cool martial arts. Jiu-jitsu just didn't look effective; it had no flash. Pre-UFC there was a period where for a year I was in Pensacola, and I had just made purple belt. I would go to the Judo Club, the Karate Club, the Jeet Kune Do Club, the Aikido Club and on the campus, to steal students. I would wait, I would join the Aikido class, and then

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after the class was over, I would pick out one guy that was athletic, and I'd go, "Hey, do you want to hang out afterwards? Just to play around a bit? " And then I would show him jiu-jitsu.

I ended up, getting two guys out of the Jeet Kune Do Club, and two guys out of the Aikido Club. I would tap out the Judo Guys, but they would think it was Judo and that I was just skilled at Newaza (Judo ground work). They would never ask me how I did it, but I would tap out all the black belts, and they'd get so mad, but none of them would ask me how I would do it. I was pretty much, told early on that if they don't ask you how, don't volunteer any information. If they humbled themselves and would be a student, then yes. So only the guys who would be humble afterwards, and be like, "Whoa! What was that? I want to learn that.!" Then they're a student. If it's the guy who is just mad at it afterwards, like half the Aikido club guys, or almost all the Judo guys, then I'm not going to show them.

How did the Combat Club come to be?

The reason I'm in my garage is because LA rent is high. That's the bottom line. I've been at schools in the mid-west, and in New England, where for $1,000 you can have a three-mat room, two cages, and a gym. In Redondo Beach, that would be $12,000 a month. It's economics.

How long have you been training here?

I rented this house to the Machados back in the early 90s and there was a wooden platform back here. They had mats here for a while. I built this garage in 2000 and it was my workshop for a while. Then, grappling became more important than restoring old cars.

Who are some of the notable people who have trained here?

I've had a lot of guys in here and I wish I had a camera running. I won't even start naming names because inevitably I won't remember three really important guys and I'll be a dick. There's no way I'm going to name names.

A lot of times, it's guys who are either having a professional MMA fight or a professional grappling match and want a private place. They'll come here and sometimes I'll be involved, often I'm not, it's cool. Yeah, use the garage, close the door and train.

What was the first piece o art that got on the wall?

First piece of art that I hung on this wall, was probably that American flag. Then that Maasai spear and shield, which is an actual vintage Maasai warrior spear and shield. Not one of those cheap ones you buy in a tourist trap. That one's real.

Did the elements of combat just start going up from then on?

It was just me sticking shit on the wall because I don't want to throw it in the trash and my wife hates clutter. I always kind of wanted a bar that had all that cool shit hanging on the wall. As a

"MAGIKIMONO WAS ORIGINALLY THE FICTITIOUS GI OF MY AND SAM KRESSIN'S GRAPHIC NOVEL PROJECT."

kid, my dad would drink in a bar a lot. One of the bars had all this cool shit hanging on the wall, like bombs and all this cool stuff. I thought it was so cool. I would always stare up at the ceiling and think how cool all that stuff was. I love antiques and vintage stuff. I really wish more stuff was actually hanging up there, but I have kids and I just can't find the time to hang shit.

So tell us about Magikimono?

Magikimono was originally the fictitious gi of my and Sam Kressin's graphic novel project. Sam Kressin is one of my black belts. He's also a catch wrestler and an illustrator. Him and I have been working for seven years on and off, mostly off, on a graphic novel called 'The Guard.' It's kind of a hero's journey in a sort of post-apocalyptic world, which we conceived seven years ago, predicting these zeitgeist, would-be, post-apocalyptic times. Now that we've missed that train, we've kind of switched it up a bit, because now, everything's post-apocalyptic.

Will it ever come to completion or is it a never ending story?

No, we literary are 90% done with issue one.

How long have you been drawing?

As a kid I was obsessed with art and drawing. When I was 22 and had kind of a huge moment of clarity in my life and a big drastic change, I consciously put art away, knowing that I would go nuts. I needed to do something more pragmatic with my life. I put all my creative energy into martial arts, jiu-jistu mainly, and my craft, meaning onstruction and carpentry.

Then, when I hit bottom again and then I emerged from that pile of wreck, I picked up art again and that was eight years ago. I have been obsessed with art in a much healthier way ever since.

So you're training all day long, what's the deal?

No, I don't. I'm on the mat five to six times a week. I would say I actually train, break a sweat and work hard, three to four times. Lately, it's been five to six times a week as I prep for Master Worlds [Chris won his division] and my super fight with Megaton at Respect 2.

What would you say your philosophy on jiu-jitsu is?

Originally, I thought it was really weird when white belts would compete because I was under

the impression early on that in a perfect world, you don't really even start rolling [sparring] until you know the fundamental moves and positions of jiu-jitsu; in a perfect world. Of course, in the martial arts school world, people roll a lot quicker and you jump in sooner into rolling because you don't begin with privates, which is how I began.

Your private instructor had to approve you before you went into a group class. There are just certain things that you had to know before you were allowed to roll [spar]. Part of it was so you wouldn't have bad habits, and part of it was almost to protect the intent of position in the art, as opposed to athletic wrestling blending in with your jiu-jitsu. Today's 3-stripe white belt was what a blue belt was back when I began. It's like every belt, just rolling-wise, has definitely gotten better and tougher.

What else has changed since then?

The game has definitely changed, especially the sport game. I've watched it evolve over the years. I know I make a lot of real old school guys mad about this, but the fact is that Americans and wrestling, Russians and Sambo, and even Judo have influenced jiu-jitsu hugely since 1988 when I began. There was also that period in the early '90s through 2001 and '02 where, what I call the Rio explosion, happened in Brazil. There was an explosion of new black belts with their own schools and own academies who are no longer under direct control of their instructors and masters. Where all of a sudden new moves were just coming out of the woodwork and the gi changed. The length of the sleeve changed, which enabled spider guard. The lapels changed at various points in time. There was one point where they got really thick again. You would weigh in not wearing a gi, and it became almost

absurd because the collars were so thick, you couldn't even use it to choke anymore. I remember the '96 Pans in Hawaii. There was a black belt match that was stopped because one guy complained. They looked in his collar and he had a steel cable sewn into the collar of the gi, so it was impossible to choke him. The cheating was horrendous and what changed that was weighing in wearing a gi.

That's what made the gi go back to being a tool that you could grab and use it to actually choke a guy. Because I would rather eat a pound of food than wear some heavy gi on the scale. So, gi's went light. The environment always changes everything. Mats change everything. Padded walls enable you to do more things. Whereas, when you fall off the mat, you start on your knees more because if you stand, and you fall off the mat, it hurts. Once you have a contained area, you can stand and then you learn how to use a wall.

Environment, including man-made rules, are what we adapt our games to. Modern jiu-jitsu, what we do now, is set kind of far from the original roots. Jiu-jitsu was much more of something that you practiced with Vale Tudo in mind. Knowing that you will punch and kick eliminates things like spider guard, De la Riva guard, X guard, and even half-guard becomes half-mount when you add strikes. When it's pure grappling only, which I love, it changes the nature of the game. When the sport was blowing up, especially in Brazil, that's when all these new moves were coming out of Brazil. It seemed like every year there were at least three new games out there; new techniques. Now there's less and less and just when you think everything's done, in comes the berimbolo, or worm guard, which aren't brand new.

They were the kind of things that would happen off of a fluke. But suddenly they're being put into a formal game and practiced like step one, step two, three and then it gets honed into an actual game or a new move.

Where do you think a fresh black belt would have been back then?

You can never go backwards. It's like trying to bring back that original purity of Brazilian Vale Tudo or the first UFC matches, where it was truly martial arts style against style. That will never happen again. The cat's out of the bag. Everyone knows basic fundamental Western boxing, Greco-Roman clinch, coupled with collegiate wrestling shots and the jiu-jitsu ground game is the superior blend of martial arts.

Even that will change depending on whether it's pro MMA or amateur MMA, American rules or Brazilian, Japanese rules, how long the rounds are. It's too much of a science now to ever go back, as is the sport/art of jiu-jitsu. We'll never go back to where it was just a closed guard anymore. There are too many cool moves in the open guard. The one arm under pass, although it's still an effective pass, will never be a primary pass that you see three times a match anymore. You might not see it for 10 matches in a row because there's now a smorgasbord of other moves. You can't go backwards.

Is there anybody out there right now who could play a real basic game and do well?

A lot of guys do. Kron Gracie plays a very fundamental, old school game and does very well. Ralek has an old school game, but does very well. He knows new school stuff, as does Kron. I know it, but I pretty much still use an old school game, but I learned the new school stuff because I don't want to be caught completely off guard when it's being applied on me and against lower belts, so I do it. But against my direct peers, I stick to what works best for me, which is mostly old school jiu-jitsu.

Do you think the black belt pool has been watered down over the years?

Some of the powers to be within the old school group of guys would definitely say, "Yes." I would say, if we had a time machine and you took your average competing athletic adult black belt now and put him in a match against a 1989 average black belt, whoever it is, my money is on the guy now. The knowledge has grown, arm locks have tightened up, chokes have gotten finer and tighter, guard passing has become perfected, and guard recovery is perfected. Jiu-jitsu has evolved, and it has evolved for the better. I know that is painful for a lot of the old schoolers to hear, but I believe that that is the truth, and you can fuckin quote me on that. But, we'll never know, because we don't have a time machine.

Any Rickson stories to share?

This is the thing about Rickson. In all my years of martial arts, I have never met somebody who embodies more of the warrior spirit than him. Just in his presence you feel the confidence of a warrior. It is so powerful, his mind is strong and whether it is true or not, Rickson knows that with his jiu-jitsu, he will not only survive, but he will eventually vanquish his opponent. That feeling was so powerful, it was palpable in the room. Whereas Rigan Machado, awesome guy, but he knows he can be beat. Randy Couture, incredible, but he knows he can be beat. Royce, knew he could be beat. Rickson embodied a spirit, not an arrogance, a spirit of, "I will win," and you could feel that. It was like meeting a Samurai from the 1200s.

Like it was an eventuality?

Yes, it was. There really was a powerful aura about Rickson that I still experience around him today. Rickson trusted his jiu-jitsu. He trusted his mind and his soul that he would win. That was powerful just knowing that.

Chris, that was a true education. Thank you for sharing so much with us and our readers.

Any time, thank you for the opportunity.

FROM A PAGE OF *'THE GUARD'*
STORY BY [illegible] ART BY SAM KRESSIN //WORLD'S DEADLIEST//

...THE PARADOX... THE ILLUSION... TIME, AND IT'S EFFECT ON OUR MINDS

IT IS A *PROCESS* THAT CAN NOT BE RUSHED

THAT NECESSARY BLEND OF PASSION AND DISCIPLINE *ESSENTIAL* TO ONE'S JOURNEY

INTO THE VOID

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THE BLUE BELT BLUES

WORDS: **MARSHAL D. CARPER**

THE "BLUE BELT BLUES" ARE A WELL-KNOWN AFFLICTION. NEW JIU-JITEIROS CAN FALL INTO THE TRAP OF PUSHING HARD TO SPRINT THE DISTANCE BETWEEN WHITE AND BLUE. By the time they tie the new color around their waists, they've burned through their cache of enthusiasm. They start to lose interest, and soon quit.

So the usual advice is to pace yourself, to think less about the belt you wear, and to set goals that are more intrinsic than extrinsic. This is all good advice, but equating the blue belt blues to burnout over-simplifies that drop off that we see at this rank. Talking about it in those terms doesn't seem to have helped people stick with the sport any longer than they did in the past.

The challenge of continuing training after blue belt is multifaceted, and we'll start with the most straightforward dimension: the relationship between goals and progress.

Advancement from white belt to blue belt is worthy of applause, but in terms of technical mastery having a blue belt means that you have enough proficiency to protect yourself against complete noobs–barring any extreme difference in strength or weight–and you no longer make extreme mistakes in strategy or tactics. You know not to turn your back. You know to protect your neck. You know not to stick your arm in the triangle machine.

Blue belt means you don't suck. You're not extraordinary in the grand scheme of things, but you've made admirable progress. And here's where the blue belt blues can hit hardest: learning not to suck is a vastly different proposition from learning to get good.

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CONCRETE TO **ABSTRACT**

The path to blue belt is clear and concrete. Go to the beginner's class. Learn your fundamental positions and transitions. Understand the basic goals of jiu-jitsu and put simple principles into place. When you're on bottom, retain your guard and use it to sweep or submit. When you're on top, pass. Don't put your hands here. Don't grab here. Go this direction and not this direction. And here's what you do when someone makes those mistakes rolling with you.

AFTER BLUE BELT, **THE JOURNEY GETS WEIRD**

You go from filling gaping holes in your game to having a basic understanding of most of the major parts of jiu-jitsu. From there, you have to think more deeply about the art. You have to take your simple understanding of "basic" techniques like an armbar and refine them. Not only do you have to zero-in on the mechanics that make the technique effective, but you also have to start drawing connections between that movement and other movements. In terms of Bloom's Taxonomy–a hierarchy of learning commonly used in the education field–remembering or regurgitating facts is the lowest end of cognitive learning. Repeating the steps of the armbar exactly as your instructor taught you is the jiu-jitsu equivalent to filling in the blanks on the test. It's a necessary part of learning, but to continue to advance your skills means learning to understand the mechanics at play, applying those mechanics in more difficu situations, analyzing new and old techniques, evaluating the technical choices available in each position, and synthesizing all of these pieces into a self-powering jiu-jitsu mindset.

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PRACTICAL ADVICE

Our first step toward fixing the broader blue belt blues problem, as upper belts, is to educate new students on the big-picture view of training. We probably hit similar pitfalls in our training, and being willing to talk about those challenges with new students can help others to succeed where we stumbled. The second step is to more clearly articulate just how a blue belt should think about their learning post-promotion.

My suggested prescription:

01. Understand that answering an essay question is more difficul than filling in the blanks. If learning jiu-jitsu feels more challenging after blue belt, that's because it is. And that's okay.

02. There is still a path from blue to purple belt, even if it's not as clearly defined as the path from white to blue. Pick an area of your game where you struggle and start to patch the holes. Your instructor is there to help, but you have to start taking more ownership of your training to define your own goals to make consistent progress.

PHOTO: **LEON SANDOVAL**

03. Move from asking, "what" and "how" to asking, "why." Why do you use this technique here and not there? Why is this your go-to move when this happens? Why does this technique work at all? Answering these questions will refine your strategy and your tactics.

04. As you make this progress, transition your goal-oriented thinking into variables that are more under your control. Make your goal "to be good at armbars from guard" instead of "to get my next stripe." The first goal you can directly control via effort and focus. The second goal you can't.

❖ Henry Akins is an great example of an instructor who teaches the "why" behind techniques and concepts.

The blue belts are more complex than we've given them credit for, and this is just the beginning. In future features, we will explore the other facets of this afflictio in the hopes that you can improve your own training, while also mentoring the white belts around you to avoid the blue belt trap-door.

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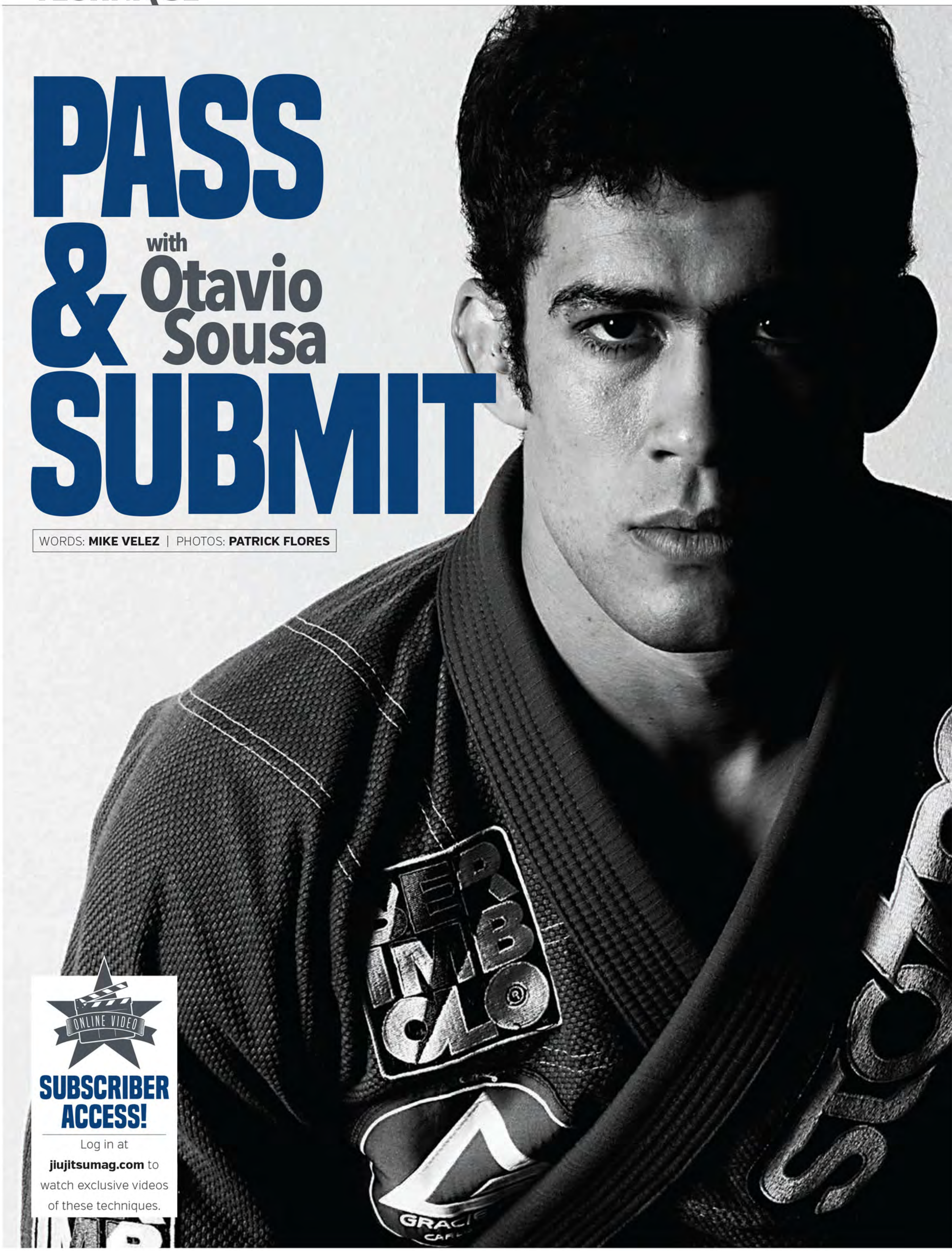
PASS & SUBMIT with Otavio Sousa

WORDS: **MIKE VELEZ** | PHOTOS: **PATRICK FLORES**



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OTAVIO FERREIRA DE SOUSA, SOMETIMES REFERRED TO AS "THE STEAMROLLER," HAS A LONG COMPETITION PEDIGREE. OTAVIO IS A TWO-TIME GI WORLD CHAMPION AT BLACK BELT, AS WELL AS AN ABSOLUTE WINNER AT BROWN. Growing up, Sousa's main instructor was Zé Radiola, who also trained prominent Gracie Barra black belts Braulio and Victor Estima. Otavio's jiu-jitsu style has made him fun to watch and a top-level competitor. His pressure passing and athleticism are showcased in all his fights.

If he's not competing, you'll find Otavio at his academy in Huntington Beach, CA. This beautiful academy is at the center of the mecca that is Southern California jiu-jitsu. The surrounding areas are home to other Gracie Barra academies, so Otavio is constantly in good company and trains frequently with other world champions. Otavio shows no signs of slowing down, so expect to see him regularly in competitions and super fights.

Otavio showed us some passing fundamentals, along with a few techniques that combine a guard pass with a relatively quick finish. His game is versatile, and being a middle weight, Otavio demonstrates a balance between quickness and size. With some practice, all of the techniques shown in this article should be usable for any jiu-jitsu competitor.

RAW DATA
Powered by BJJ Heros

Lineage:

Mitsuyo Maeda > Carlos Gracie Sr. > Helio Gracie > Carlos Gracie Junior > Otavio Sousa

MAIN ACHIEVEMENTS:

- World Champion (2013, 2012, 2007 – brown absolute)
- Pan American Champion (2010)
- Pan American No Gi Champion (2015)
- New York Open Champion (2012)
- Las Vegas Open Champion (2011)
- World Silver Medallist (2014, 2007 brown)
- World Nogi Silver Medallist (2009)
- Pan American Silver Medallist (2009 absolute, 2008, 2007 brown)
- Brazilian National Silver Medallist (2004 purple)
- European Open Silver Medallist (2008, 2007 brown)
- World Bronze Medallist (2009, 2008)
- World Nogi Bronze Medallist (2011)
- Pan American Bronze Medallist (2011)

FAVORITE POSITION/TECHNIQUE: Omoplata

WEIGHT DIVISION: Peso Medio (Middle Weight) – 181lbs/82kg

TEAM/ASSOCIATION: Gracie Barra

"OTAVIO DEMONSTRATES A BALANCE BETWEEN QUICKNESS AND SIZE."

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STEP 1

The first thing Otavio does is point the knee that's being controlled to the outside while lowering his level. This puts pressure on his opponent's foot and reduces the amount of control he has with that leg.

KNEE SLICE GUARD PASS

Otavio starts this position while in his opponent's De la Riva guard. His opponent has his left leg looped around the outside of Otavio's right leg and is holding Otavio's leg at the ankle.

STEP 2

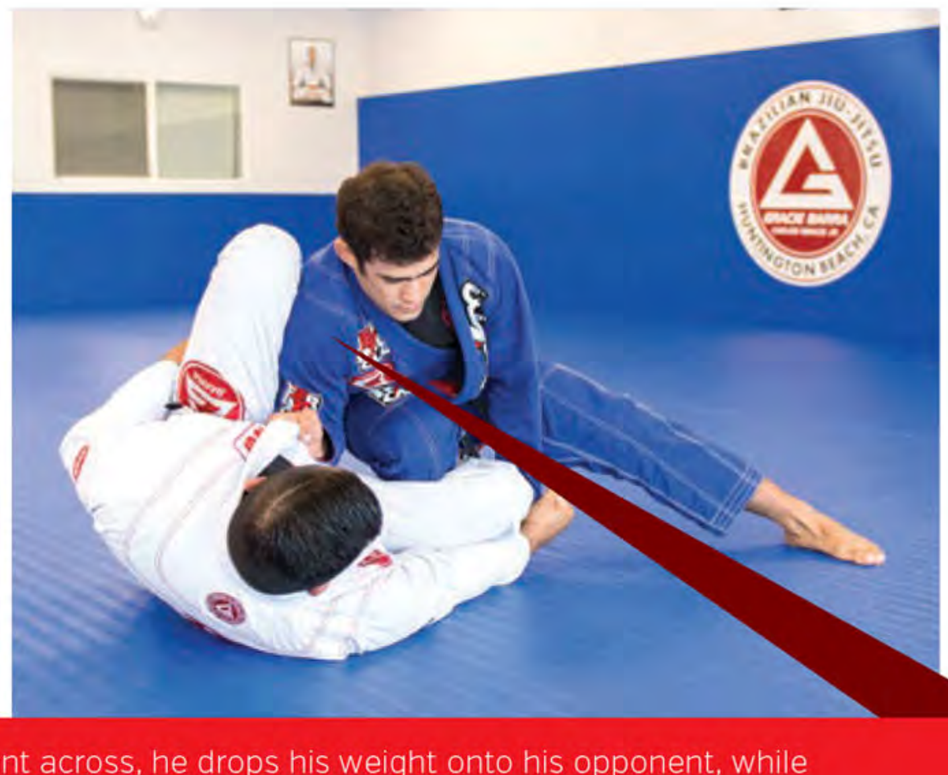
Otavio needs to control his opponent's other leg. Usually, the opponent will be controlling his left sleeve/arm. So, Otavio grabs his opponent's right pant leg with a firm grip.

STEP 3

Rather than having his opponent's foot on his hip, Otavio wants his opponent's foot/leg between his legs. He quickly pushes down on the leg while raising his left leg and stepping over his opponent's right leg.

STEP 4

Otavio still needs to contend with the grip on his right leg. In a forceful and explosive motion, Otavio pushes and pulls his opponent to his left side, which breaks the grip and gets his opponent's right shoulder down to the mat.



IMPORTANT NOTE: As Otavio brings his opponent across, he drops his weight onto his opponent, while using his right arm to block him from getting his knee in between them. If he did get his knee in between, it would be considered a "knee shield."

STEP 5

Now, Otavio needs to get a grip of his opponent's right sleeve with his left hand, and if needed, he'll do a circular motion with his hand to get that grip. Once he has a grip of his opponent's right sleeve, he increases the pressure with his right knee over his opponent's right thigh and lifts up on the sleeve.

STEP 6

Otavio is concentrating his weight onto his opponent's stomach to stay heavy, careful not to cross his weight over to his opponent's left side, which would open him up to a sweep. At the same time, he slides his right leg between his opponent's legs and onto the mat.

STEP 7

Once he's made the pass, Otavio pushes his opponent's right arm across his own body and brings both of his knees to the mat.

STEP 8

To secure the position, Otavio controls his opponent's left arm with his left and brings his right arm back over to control his hips and prevent a guard recovery.

KEY POINTS

In Step 4, if Otavio allows his opponent to keep the foot on his hip, he can use it to push Otavio away and move into a sit-up guard.

DE LA RIVA PASS TO ARMBAR

This pass to submission begins as Otavio steps over his opponent's leg and drives him to the side to break the control his opponent has of his right leg.

STEP 1

Otavio has broken his opponent's De la Riva control of the leg; now he must break the grip on his sleeve. His opponent's right arm might be trapped under his own leg, and if this is the case, all Otavio has to do is pull his arm away with force. If the arm isn't trapped, he may need to motion his knee forward for some extra leverage against the grip.

STEP 2

As soon as the grip is broken, Otavio dives in with his left arm over the shoulder and behind his opponent's head.

IMPORTANT NOTE: He grabs a hold of the gi with his left hand once his arm is around the back of the head.

STEP 3

At the same time that he's diving with his arm, Otavio is switching his base and kicking back with his right leg so that it crosses over his body and onto the mat.

IMPORTANT NOTE: Once his legs have cleared his opponent, Otavio will be on his left hip. He must be heavy with his shoulder against his opponent to keep him pinned to the mat.

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STEP 4

To complete the pass and get into a traditional side control position, Otavio grabs his opponent's right leg by the pants and pushes it away so he can switch his hips safely to get to his knees.

STEP 5

In side control, Otavio wants to keep that right arm trapped against his hip and arm. Otherwise, his opponent can use it to recover. Otavio hugs his opponent's left arm near the triceps to keep him nice and tight.

STEP 6

Now, Otavio is going to switch his base again and sit out, bringing his left foot back to the mat while his hips rotate, and his right leg points to his right. While Otavio is sitting out, he's bringing his right hand up to control the left arm by the triceps, holding it against his body.

STEP 7

It's important at this point that Otavio's base is solid, his left foot is posted down on the mat, and he's driving his weight down into his opponent.

STEP 8

Otavio pushes his opponent's head down and to the left with his left hand, while at the same time, steps over the head with his left leg.

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STEP 9

Once his leg is over, he quickly replaces his left hand with the back of his ankle against his opponent's head to control.

STEP 10

Since the right arm is still trapped, all Otavio has to do for the armbar is contact the back of his arm with his opponent's wrist or forearm and bump his hips forward to finish.

BONUS

BONUS FINISH!

Here's an alternate finish if your opponent attempts to push your leg away on the armbar finish.

STEP 1

On Step 12, if his opponent tries to push his leg away, Otavio will let him push the leg, and then he'll quickly step back while switching his hips back towards his opponent.

STEP 2

At the same time he swims his left arm forward and down to trap his opponent's left arm.

STEP 3

Now he brings his left arm under his opponent's head and walks his hand and arm forward to tighten up on his opponent.

STEP 4

When he feels it's deep and tight enough, Otavio brings his hands together with a Gable grip as shown and squeezes to finish the head and arm choke.

STEP 1

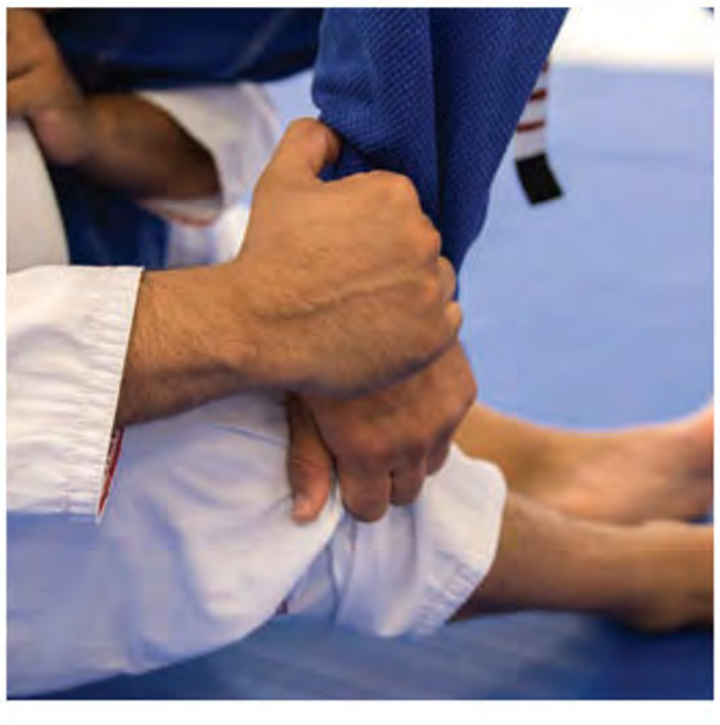
Starting in his opponent's sit-up guard, Otavio gets a hold of his opponent's collar directly behind his neck with his thumb in. This will give him some control over his opponent.

SIT-UP GUARD COUNTER TO TRIANGLE

Let's say Otavio's opponent has managed to move from the DLR (De la Riva) guard to a sit-up guard (aka Koala Guard). For this, Otavio has a smooth triangle counter.

STEP 2

Otavio uses his left hand to grab his opponent's right leg by the pants just below the knee.



STEP 3

With both his grips in place, Otavio places forward pressure onto his opponent with his right knee. This causes his opponent to push back.

STEP 4

As his opponent pushes back he creates some space, which allows Otavio to bend at the knee with his right leg and circle it around to the outside of his opponent's left hip.

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STEP 5

At the same time, or just after he's stepping over, Otavio circles his left hand a ound to control his opponent's right wrist.

STEP 6

With control of the right wrist, Otavio stuffs it between his own legs.

STEP 7

Otavio throws his left leg ver his opponent's right shoulder. He lets go of his grip of the right arm while he's doing this and pulls his opponent into the triangle with his grip of the collar.

STEP 8

As his opponent falls into him, Otavio brings his right leg up to lock his legs together while trapping his opponent's left arm b tween his legs.

STEP 9

To finish the triangle submission, Otavio bumps his hip up and brings the trapped left arm ac oss his body, then lowers his hips to help keep it trapped.

STEP 10

Now it's time to adjust. Otavio reaches with his right hand to grab his own left shin places his right foot on the hip, and pushes off to adjust the angle for the triangle.

STEP 11

Finally, he brings his right leg over his left ankle locks down the triangle and finishes the submission by pulling back on the back of the head while squeezing his legs together.

KEY POINTS

If you're not the most acrobatic person, you can perform Step 7 by "stepping" up and over your opponent to sit on his chest before falling back into the triangle.

When locking up the triangle, make sure that you remain tight and trap your opponent between your legs so he can't posture up and escape.

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SIT-UP GUARD COUNTER TO ARMBAR

ONLINE VIDEO

PLAY VIDEO

This technique has the same initial setup as the previous one. We pick it up at the point that Otavio has his grips in place.

STEP 1

With a grip on the collar and pant leg, Otavio needs to step his right leg out between his opponent's legs. To do this he pushes forward to pressure his right knee into his opponent.

STEP 2

His opponent counters by pushing back, creating the space for Otavio to circle his right leg up and out and around to the outside of his opponent. At the same time he steps his left leg back and over to his right side, crossing his left leg over his own body.

STEP 3

When his left foot hits the mat, Otavio is pushing his opponent's right knee away with his grip on the pants and keeps him glued to the mat with his control of the collar.

IMPORTANT NOTE: If Otavio doesn't get his left leg out in time he runs the risk of getting caught in an X-guard, or deep-half guard.

STEP 4

Otavio drops his right shoulder into his opponent's shoulder and chest, dropping his elbow to the mat, while at the same time, continuing to push the right leg away.

STEP 5

With firm control, Otavio switches his hips and brings his knees up against his opponent. His opponent's left arm is already being isolated between Otavio's hip and right arm.

STEP 6

At this point, he's completed the pass and gotten his points. Now it's time to finish. Otavio brings his left knee up and onto his opponent's left side. A common reaction is for his opponent to push the knee away to avoid getting mounted, or a knee on belly.

STEP 7

When his opponent makes contact with the knee, Otavio grabs a hold of the wrist and pulls the arm towards him while pulling his left leg back.

STEP 8

With his opponent's right arm down to the mat, and his own left leg away, Otavio takes a big step over his opponent with his left leg to "sit" on his opponent's chest.

STEP 9

Otavio now brings his body to his left side a little so he can base out with his left hand to the mat. This makes room for him to bring his left leg up from under his opponent's trapped left arm.

STEP 10

Otavio pinches his opponent's trapped arm with his legs, keeping it tucked under his right armpit; his left leg is across his opponent's neck.

STEP 11

With his left hand, Otavio grabs his opponent's left thigh by the pants and sits back. Everything is tight, the arm is stuck, and all he has to do now to finish is hip up a little to exert pressure on the elbow with his right arm and hips.

KEY POINTS

At Step 8, Otavio could finish with a triangle, but he says he has short legs and would rather go for the higher probability move – the armbar.

OTAVIO'S TIPS FOR PASSING

ONLINE VIDEO PLAY VIDEO

1. Don't let him play his game

You should always make sure that you're the one in control. To do this, don't let your opponent play his game. You must not let your opponent get his grips or get comfortable with the position. If your opponent gets his grips established, then concentrate on breaking them quickly.

2. Mind your posture

Posture is everything in jiu-jitsu, according to Otavio. If you let your opponent control it, you'll lose. When in someone's guard don't lean too far forward, or too far back, either direction is a bad idea. Stay planted with an erect posture. If your opponent can break your posture, then you missed the first tip

3. Keep the feet off your gi

If your opponent can get his feet on your gi, he can control you. Master Pedro Sauer shared this concept with us a while back. Imagine you have a clean white gi and your opponent has dirty feet. Don't let those dirty feet get on your gi. Pushing his leg down and stuffing it underneath you will help you with the pass and generally keep you in a safer position to pass.

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WORDS: **MATT CORLEY**

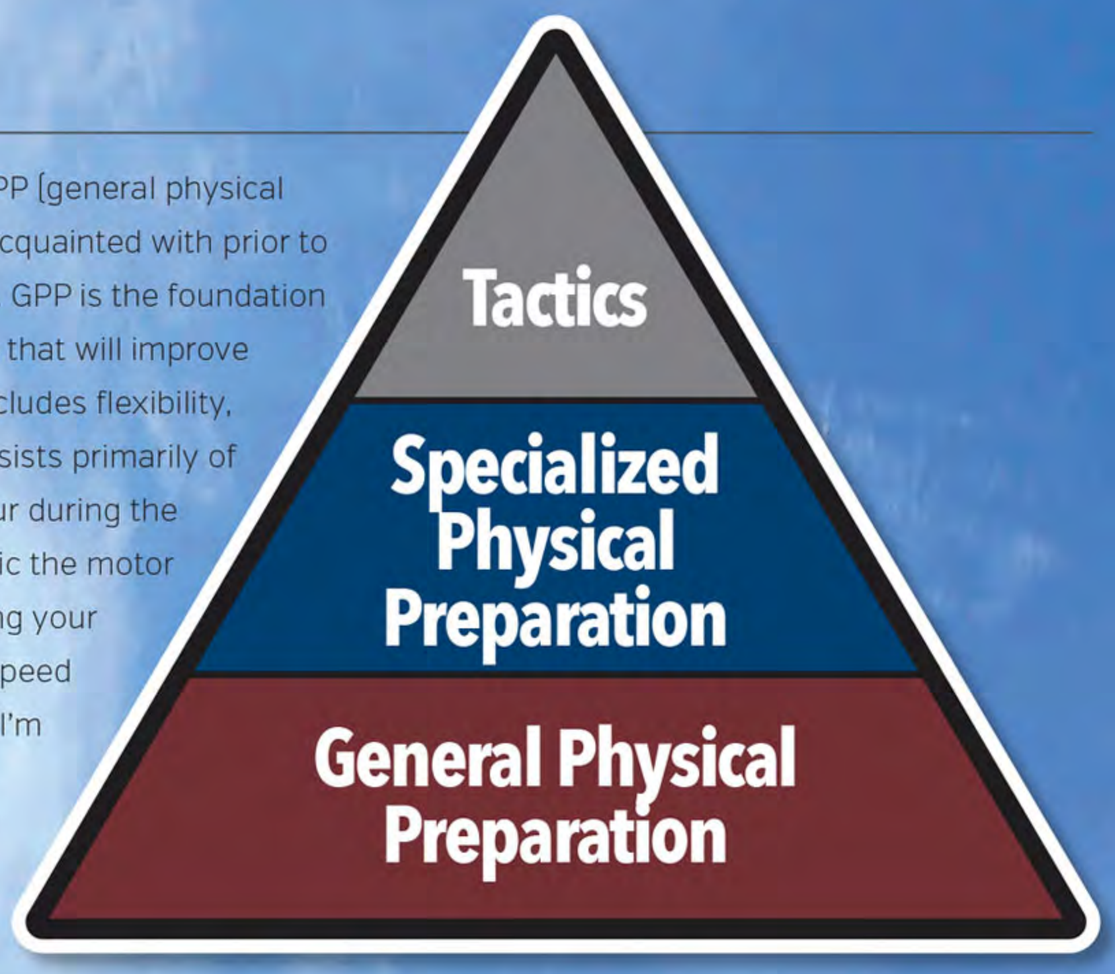
MIXING IT UP WITHOUT MESSING IT UP

THERE COMES A POINT WHEN YOU WILL CONSIDER ADDING TRAINING OFF THE MATS TO YOUR SCHEDULE. I CAME TO THAT POINT LAST WINTER. Maybe it was the weather, maybe it was the holiday doldrums, but for some reason I no longer enjoyed my jiu-jitsu training nearly as much as I used to. My performance on the mat also suffered. Nearly every roll was a struggle and it was driving me insane. On the other end of the spectrum you may be looking for that last missing piece of the puzzle to take your game to the next level.

My Facebook feed is full of posts from grappling luminaries who are improving their games by training off the mats. Cobrinha trains capoeira, Rickson surfs, Jose Aldo plays soccer and there are countless others using dedicated strength and conditioning sessions to improve. On the flip-side you have Marcelo Garcia who is famous for saying that the only thing you need to be the best in the world is to work hard on the mat [however, he loves to skateboard and bike around NYC]. If you decide that cross-training is for you, keep reading as we discuss the strategies you'll need to make the most of your time off the mat.

SPP VS GPP

SPP (aka specialized physical preparation) and GPP (general physical preparation) are two terms that you need to be acquainted with prior to introducing additional activities to your workload. GPP is the foundation upon which you build the specific skills and traits that will improve your performance in your sport of choice. GPP includes flexibility, conditioning, coordination and strength. SPP consists primarily of training that duplicates the movements that occur during the execution of your sport. SPP training should mimic the motor pathways and muscle actions that are seen during your sport. For grapplers, examples of SPP would be speed drills, takedown practice and positional sparring. I'm going to assume that you're training regularly at the academy and those practices will fulfill all of your SPP needs. That taken care of, it's time to look more closely at GPP.



KEEP YOUR EYE ON THE PRIZE

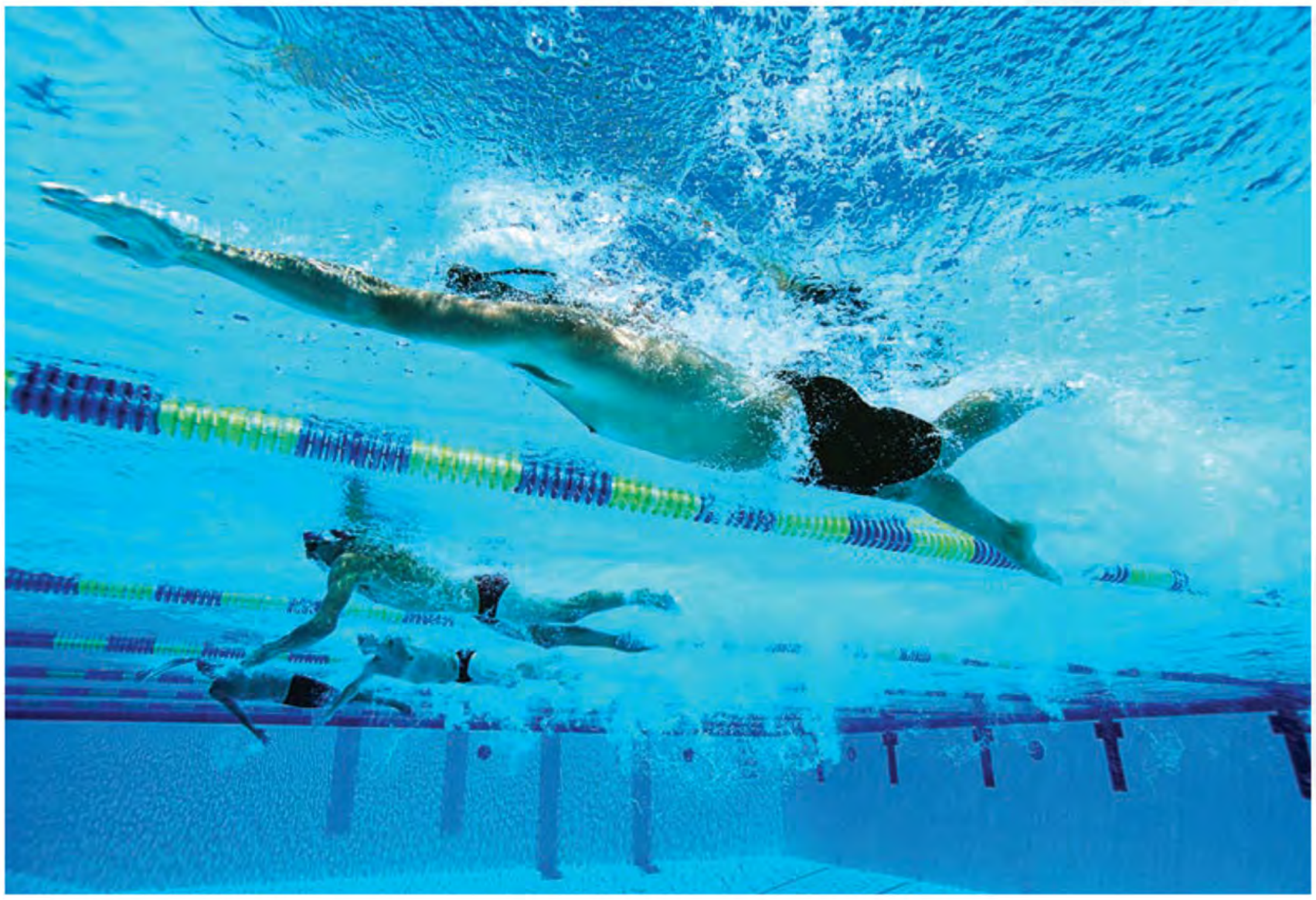
If you're a hobbyist, and not particularly concerned about your athletic performance, you can skim through this section. If your goal is to improve your performance, it is crucial that you know exactly what it is you want to develop. Is your focus going to be raw strength? Explosiveness? Conditioning? Flexibility? Rehab? Something else all together? If you're like me, part of the reason you're looking off the mat for additional training is to try something new. For the purposes of this article we're going to assume that you've decided exactly what attribute(s) you're going to develop.

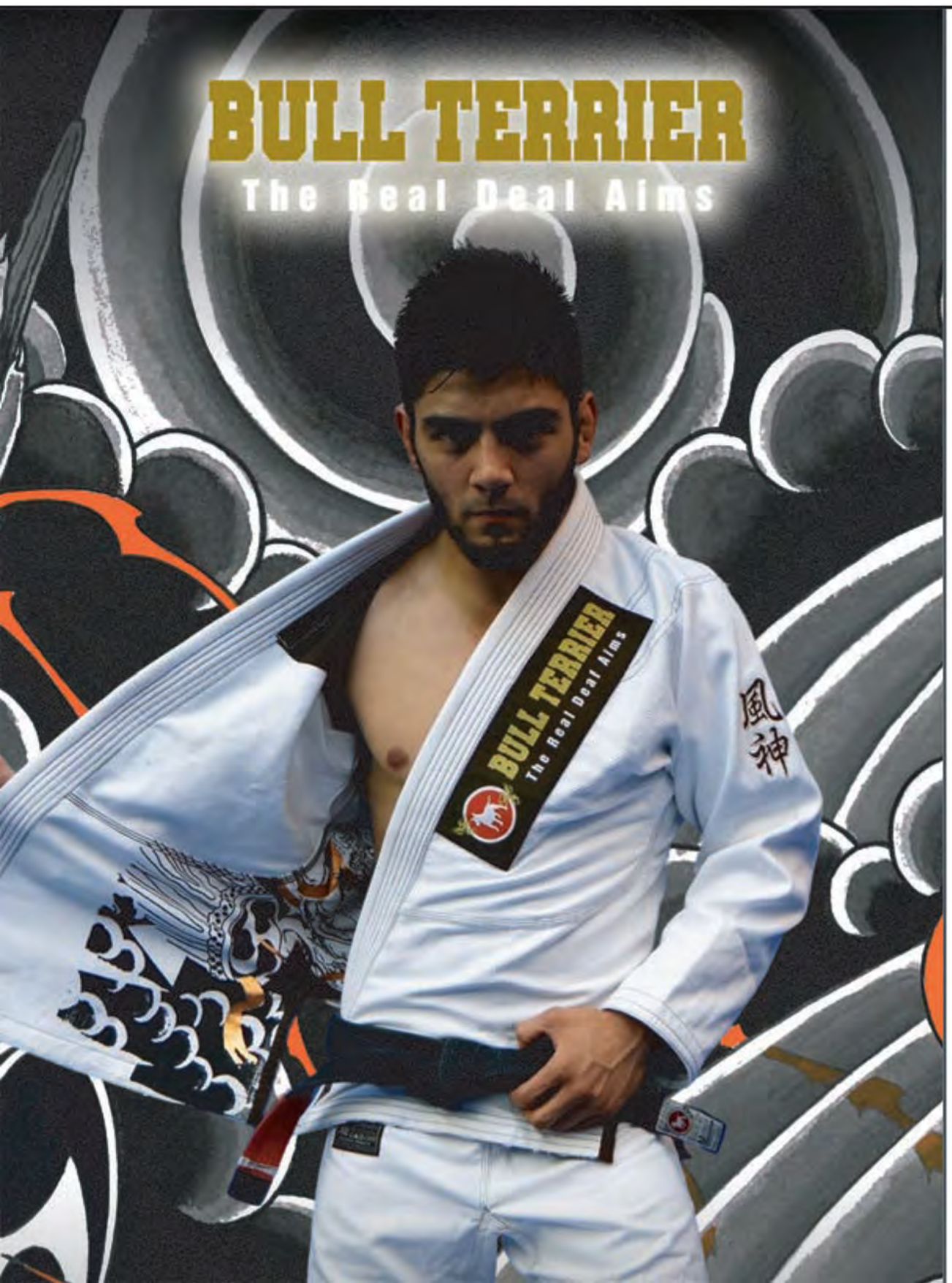
It's important to remember that improvements to specific attributes do not occur in a vacuum and that physical attributes are intrinsically linked to one another. Improvements in strength and explosiveness will help your perceived conditioning because the relative effort to move your body (or your training partner's) will lessen. Improvement in conditioning may allow you to use your strength more effectively and for a longer period of time. Developing body awareness and coordination will improve your efficien of movement allowing you to perform complex physical tasks more easily and with less effort. Improving coordination may also make it easier to learn complex techniques in jiu-jitsu. And, of course, no training is so specific that multiple attributes aren't affected indirectly.

THE OPTIONS

SWIMMING:

There's a reason that you see people of all ages, shapes and sizes in the pool. Swimming is about as close to zero-impact as you're able to get while still exercising. After the beating that you take on the mats, some pool time may be exactly what your body is looking for. Swimming is an excellent option for active recovery. Looking to improve your cardiovascular base, but hate running? Sprints and long slow distance training (aka road work) can easily be translated to laps in the pool while saving your knees and feet from the abuse of pounding the pavement.





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ROCK CLIMBING:

Few athletes can match the gripping power of a seasoned rock climber. These guys and gals can probably play spider guard without a gi! If you regularly roll against master's competitors, then you're familiar with old man strength. What exactly is that? And what does it have to do with rock climbing or grappling? Connective tissue. Tendons and ligaments get stronger much slower than muscles and can be a limiting factor in many strength activities, particularly those involving your grip. Mature athletes have put in the time, so their connective tissue is stronger than that of the youngsters on the mat. Long climbing routes are ideal for muscular endurance, particularly in your upper body. Short *bouldering problems develop raw power, explosiveness and a viselike grip. Just be sure to tape your fingers before climbing.

***What is bouldering? Bouldering is a form of rock climbing that is performed without the use of any equipment, though most climbers use specialized shoes and chalk. Bouldering routes are characterized as being short and difficult.**

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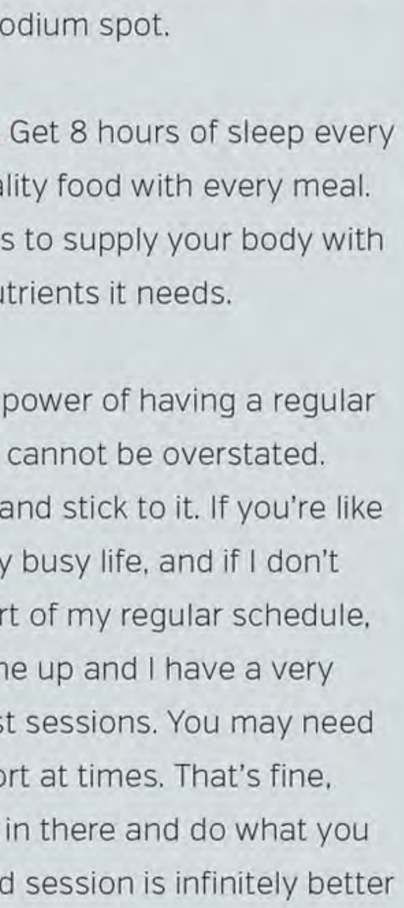
Soccer players are known for their incredible running endurance. The USA Men's soccer team ran over 72 miles during their first World Cup game in 2014. The average player ran the equivalent of a 10k. With that kind of mileage it's no wonder they're in such good shape! Soccer games naturally mimic many aspects of interval training, short sprints followed by periods of less intense jogging. Sprinting is a tried and true method to improve aerobic and anaerobic conditioning. Sprints are also used in lactic acid threshold training. These improvements translate directly to the mat and your ability to fight harder and longer.

❖ Skateboarding and surfing both help with balance and cardio.

SURFING/SKATEBOARDING:

Are you interested in improving your balance, coordination and core strength? Instead of emulating Jeff Glover's stability ball antics, consider surfing. A New York Times article quoted Kelly Slater as saying, "Good martial artists use the most effici t moves for getting the body to produce more energy. In surfing you have to master the same things – base, balance on your feet, the act of turning, bending and extending your legs." Long boarding champ Joel Tudor adds, "The mental aspect is very similar... A wave is constantly moving and unpredictable and the same goes for your opponent in a fight. You learn to think quickly and your body reacts quicker." With surf/jiu-jitsu camps popping up all over the world, Slater and Tudor aren't the only ones to see the benefit of spending some time on a board in the water. Do I also need to mention that surfing is much, much cooler than playing on a Bosu ball?

Tips to Make It Work



MANAGE YOUR RISK. Cross-training adds volume to your training load, which in turn, increases your susceptibility to injury. If an activity has a high likelihood of causing damage, avoid it. You can be as strong as an ox, and able to run for hours, but if you're hurt before a tournament you're just hurting your chance at a podium spot.

RECOVERY IS CRITICAL. Get 8 hours of sleep every night. Eat high-quality food with every meal. Eat enough calories to supply your body with the calories and nutrients it needs.

MAKE IT A HABIT. The power of having a regular routine for training cannot be overstated. Create a schedule and stick to it. If you're like me you have a very busy life, and if I don't make training a part of my regular schedule, something will come up and I have a very hard making up lost sessions. You may need to cut sessions short at times. That's fine, make sure you get in there and do what you can. An abbreviated session is infinitely better than no training at all.

MAKE IT FUN. You're adding more work to your already busy schedule. You may be taking time away from your family. I found that adding an activity that is fun for me and my daughters makes it very easy to put in the extra work.

WRAPPING IT UP

Before changing your training regimen it's important to have a clear idea of what you're trying to accomplish. I may want a change of scenery. Maybe you're a competitor looking for an edge at the next tournament. Regardless of your goal, we all have the same limitations. Is the activity suitable for your goal? Do you have enough time to devote? Can you recover adequately? Is the risk worth the possible reward? With a little planning and forethought, expanding your training regimen can be the difference between the podium and a one and done tournament. For me, cross training has made training exciting again; I'm stronger than I have been in a long time, I appreciate my time on the mats more than ever and I've even found something that my kids can do with me. So, what are you waiting for? Expand your horizons, challenge yourself, and take your grappling to another level without spending any more time on the mats.

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MASTERING THE WRIST LOCK

WITH PETE "THE GREEK" LETSOS

WORDS & PHOTOS: **PATRICK FLORES**

MOST JIU-JITSU PRACTITIONERS ARE EXPOSED TO WRIST LOCKS THE HARD WAY. IN OTHER WORDS, A WRIST LOCK SUBMITS THEM ONE DAY. Wrist locks are like a best kept secret in jiu-jitsu. Similar to the foot lock and heel hook, these submissions are everywhere. Many practitioners, however, often opt out of a wrist lock attempt in favor of the opportunity to capitalize on a more traditional submission, such as an armbar or triangle. Though wrist locks are legal in IBJJF competition at blue belt, they rarely are executed. This could be due to a variety of reasons, but most commonly it's because they're not taught at a lot of academies for safety reasons. At some point it was likely determined that the injury rate of wrist locks was too high. It's difficult for an academy owner to teach something that has a higher chance of reducing their student pool.

However, some instructors don't shy away from showing wrist locks. Pete "The Greek" Letsos is one of them. In 1996, Pete started training at the age of 16 years old under the tutelage of Carlson Gracie. Over the years training jiu-jitsu he would eventually cross the paths of several well known figures in the jiu-jitsu world. He's had plenty of mat time with Carlos Gracie Jr. and BJ Penn to name a few. If you ever run into Pete, I'm sure he'll have a story or two to tell you. For the most part, these days, Pete trains and teaches out of Rio Jiu-Jitsu in Chicago.

We got the chance to hang out with Pete for a couple hours and he showed us a thing or two about the art of the wrist lock.

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WRIST LOCK 101

IT'S ALL ABOUT THE TWIST

The best wrist lock is a twisting of the wrist. Though you can finish a wrist lock by pushing the wrist straight up or down, the twist is critical. When you think about it, it physically makes sense. You are able to bend your wrist forward and backwards at a greater angle than if you were to move it side to side. Now twist your wrist from side to side and notice the limited range of motion.

The wrist lock is primarily a twist of the wrist. Incorporating the upward or downward force will increase its overall effectiveness, but leaving out the twist will make it easier to defend.

You will notice a difference when you begin to incorporate the twist into your technique as opposed to trying to finish the lock out of pure force or excitement.

ONLINE VIDEO PLAY VIDEO

THE HOLD

Grab the wrist using a C-Cup or by touching your thumb to your middle finger. Proper body position and elbow control will allow you to control the wrist with less effort.

Like many things in jiu-jitsu, grips are very important. You have to fight for these grips in order to control the hand. After a couple attempts, your opponent will surely know a wrist lock is coming, and will try even harder to avoid your grips. Do yourself a favor and get the grip right.

We're hoping Jesse Bell still has use of his wrists after this photo shoot.

THE TRAP

The trick to finishing a wrist lock is to cut off the escape route. Look at your arm and think about how it freely moves. Now lock your elbow to your body. Your arm is far less mobile. That is the key to successful wrist locks. Trapping the elbow will reduce the chances that your opponent will escape. Your opponent will not be able to move his arm, allowing you to attack the wrist. The arm is far less powerful when you immobilize the elbow joint.

IF DONE CORRECTLY, YOU WILL BE ABLE TO MOVE YOUR OPPONENT'S FOREARM AND WRIST MUCH EASIER AS THE MUSCLES IN THOSE AREAS WILL BE FIGHTING YOUR ENTIRE UPPER BODY. A GOOD TRAP WILL MAKE YOUR OPPONENT FEEL EXACTLY THAT...TRAPPED. HE WILL BE IMMOBILIZED AND WILL LIKELY PANIC IN SEARCH OF AN ESCAPE. GENERALLY, HE WILL TRY MOVES OUT OF DESPERATION LEAVING HIM EXPOSED FOR ATTACKS.

POSITION BEFORE SUBMISSION

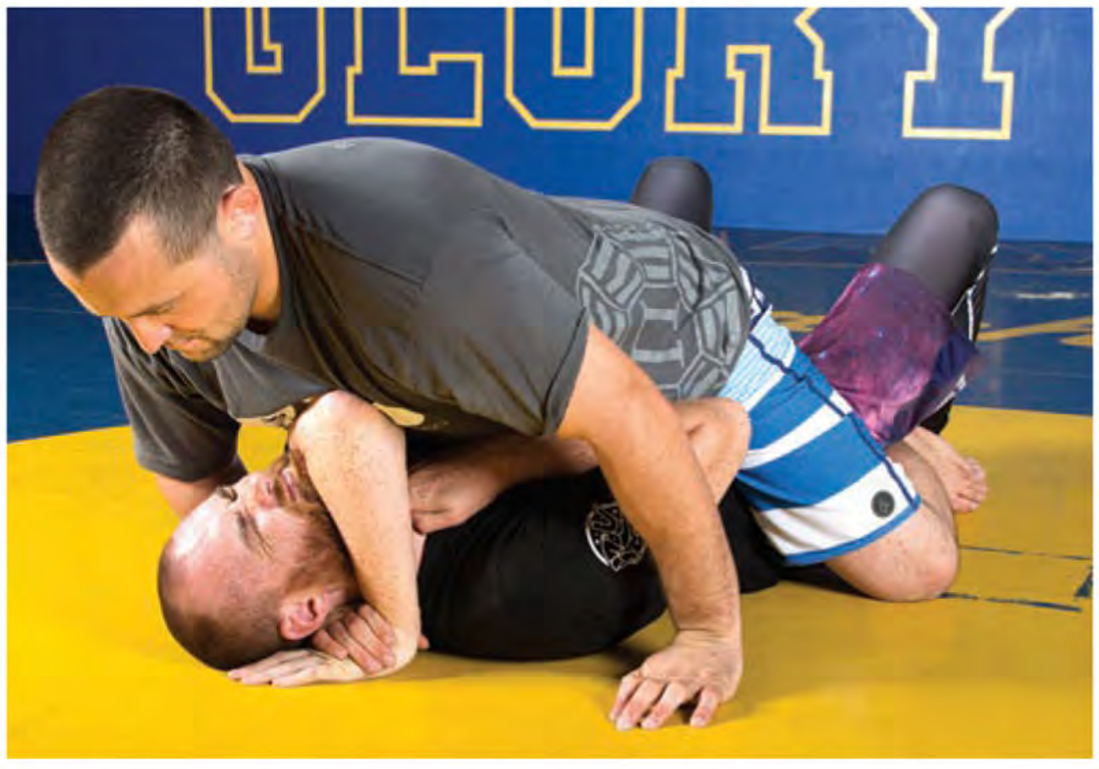
A WRIST LOCK CAN PRETTY MUCH BE DONE FROM ANY POSITION. IT'S MORE DIFFICULT TO EXECUTE FROM THE GUARD, BUT NOT IMPOSSIBLE. There are, however, a multitude of different ways to attack the wrist lock from the top position, may it be side control, mount, or north-south.

The important thing to remember about your position is to isolate the elbow. Your body position will have more relevance to elbow control than your grips will. People can get a bit trigger-happy when they see an attempt at submission. They forget the fundamentals when they become excited and see the finish. With trying wrist locks for the first time, you may run into this, so it's important to remember that your proper position and technique will ensure the submission, not the other way around.

FROM MOUNT

From mount, Pete slides his knees up to trap his opponent's elbows, allowing him to easily attack a wrist

Pinning your opponent's arm while mounted will really isolate the forearm and wrist.



In the giftw ap position you can use your chest to finish a wrist lock.

If your opponent starts to give you his back, you can isolate the arm and wrist lock. Notice how Pete cups the elbow to prevent the escape.

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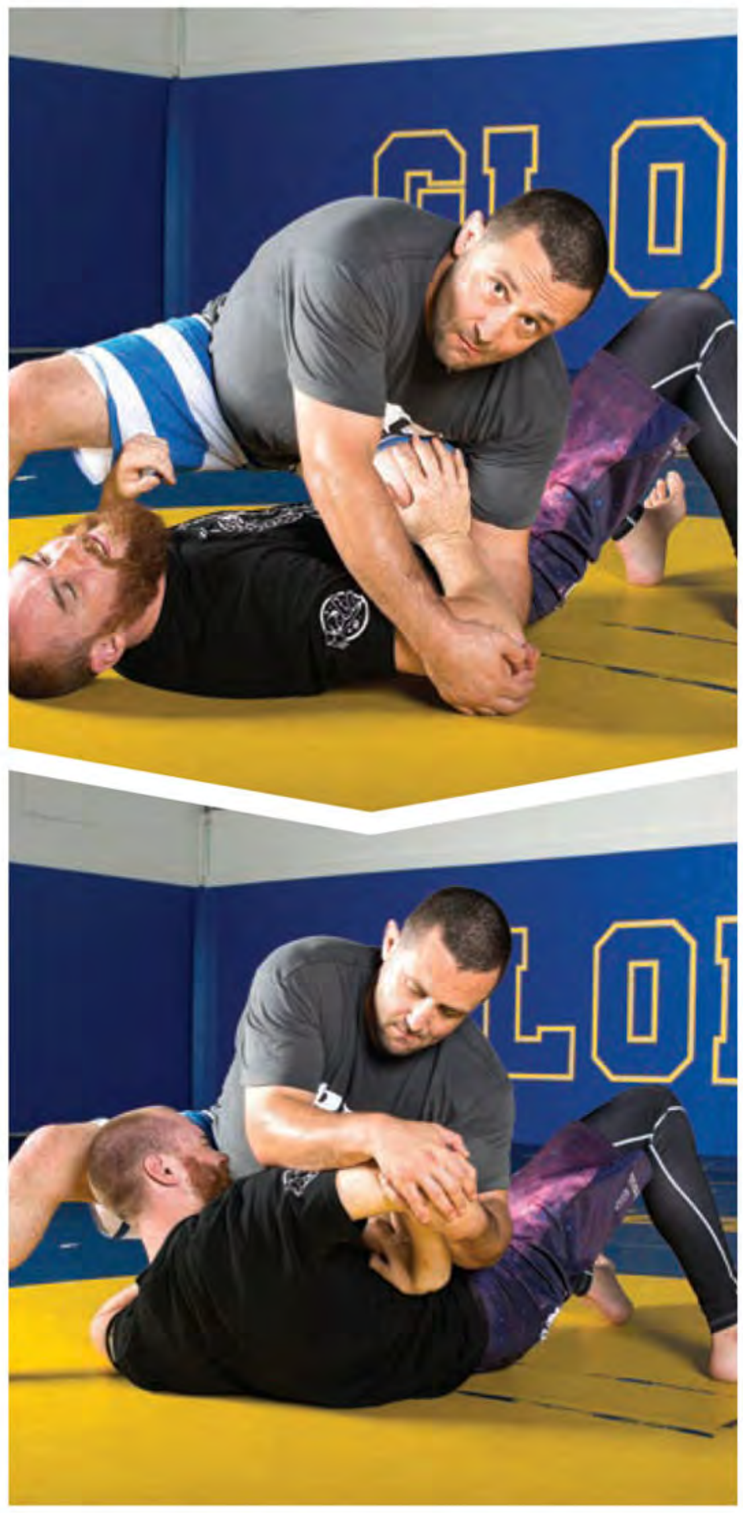
KNEE ON BELLY



Here's a wrist lock from the knee on belly position that's used as your opponent attempts to push your knee away. Notice the elbow trap.

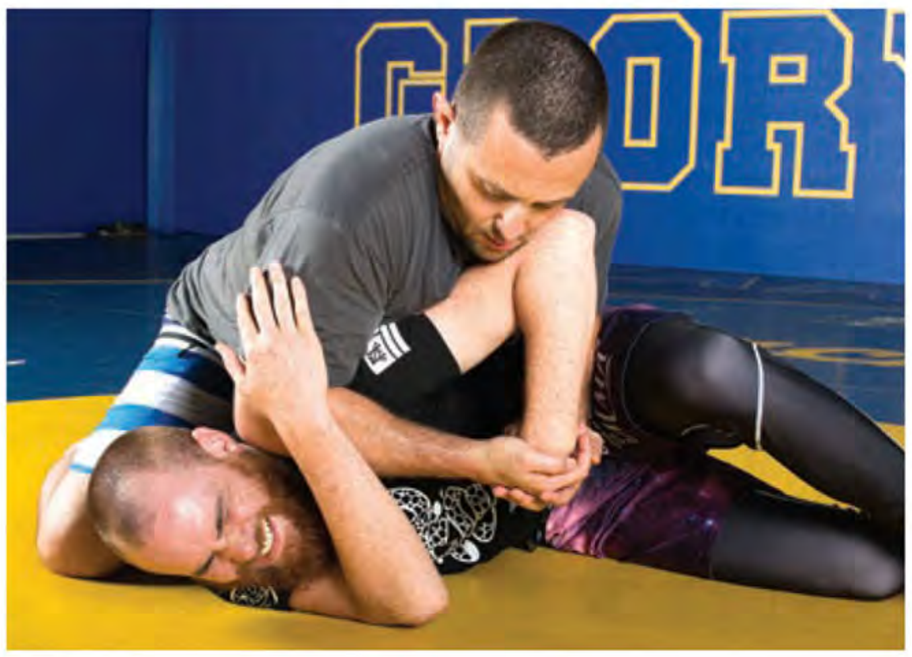
PUSHING KNEE

If your opponent pushes the knee away from the opposite side quickly grab the wrist, and cup the elbow. Pull the wrist to you while not letting the elbow escape.

"A WRIST LOCK CAN PRETTY MUCH BE DONE FROM ANY POSITION."

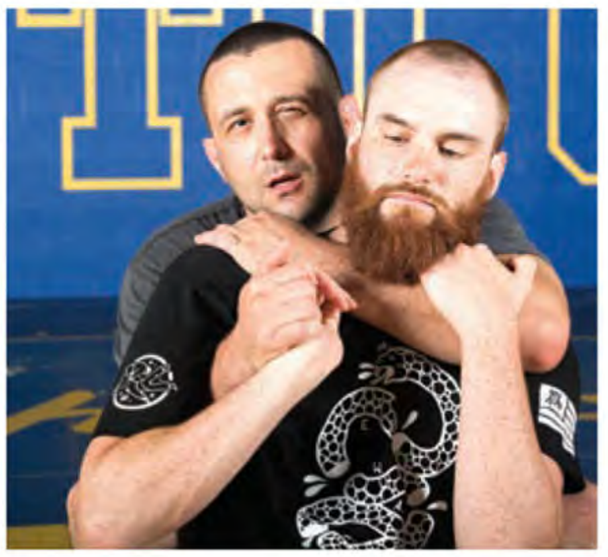
OPPONENT TURNS AWAY

If your opponent turns away from you, use your chest to control the elbow as you secure the wrist. Let gravity do the work and use your weight agsinst the elbow.



FROM BEHIND

Wrist locks can even come from behind. Your opponent's wrist are generally vulnerable because their focus is on defending the choke.

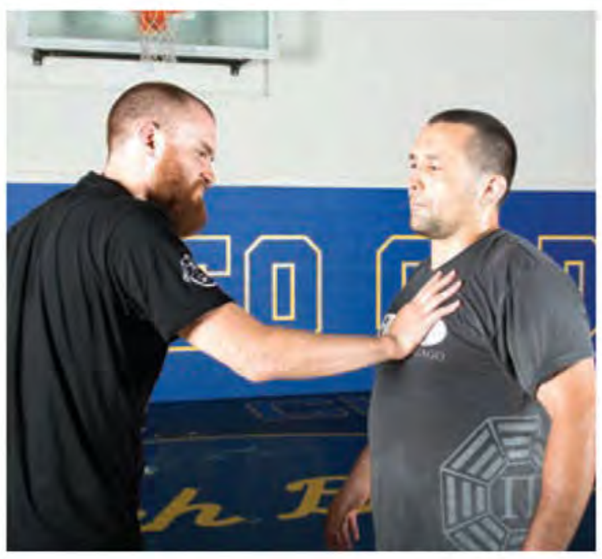
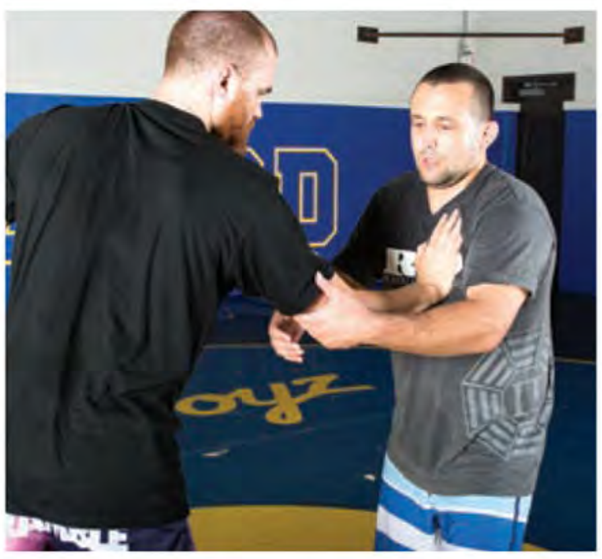
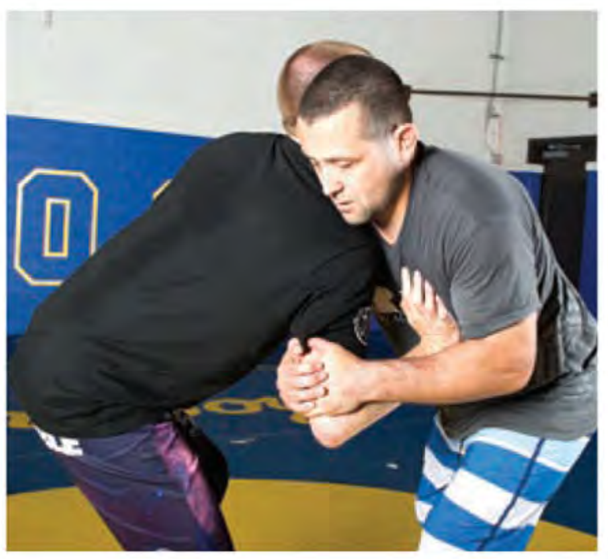


HIGH ON THE CHEST

Sitting up high on the chest will really limit your opponent's mobility, letting you manipulate his arms. If done correctly you can manipulate their arms fairly easily.

WHILE STANDING

The same basic principles of the wrist lock happen while standing. As always, trap the wrist and elbow to get the finish.

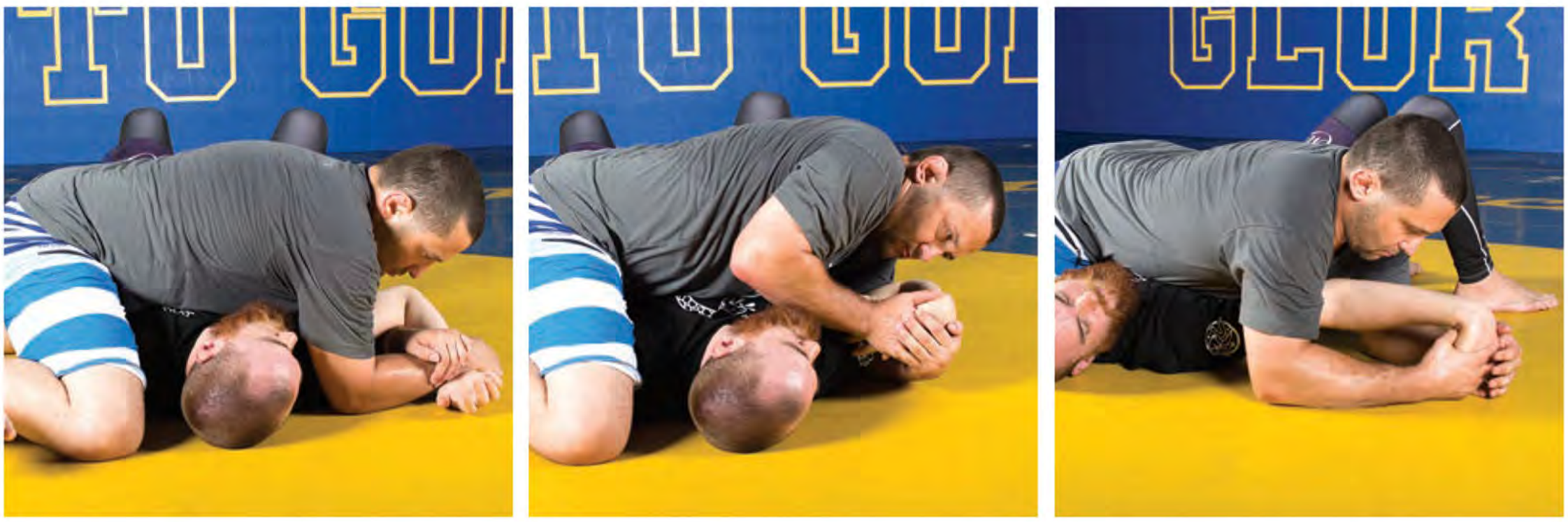
EXECUTION

TO REITERATE A PREVIOUS POINT, THE KEY TO THE WRIST LOCK IS TRAPPING THE ELBOW. ATTACKING THE WRIST BY ITSELF WILL INCREASE THE LIKELIHOOD THAT YOUR OPPONENT WILL ESCAPE. It does, however, provide you with an opportunity. Anticipating your opponent's escape attempt from the wrist lock will allow you to plan a transition, ideally into another attack. This is especially common at purple and brown belt levels as this is the natural progression of learning jiu-jitsu.

The wrist lock is also often available while your opponent defends a more common attack, such as the armbar. For example, when attacking the armbar, it is common for your opponent to clasp his hands together to prevent you from extending the arm. Attacking the wrist is a great alternate way to finish your opponent or stop his defense.

This could have easily been an armbar attempt, however the wrist lock is also an option.

Notice how Pete adds a twist to this wrist lock.



Many opt for an Americana in this position, however the wrist lock is a viable option as Pete demonstrates. You could vary your attack between the arm and the wrist.

WARNING!

ONLINE VIDEO PLAY VIDEO

NOW, GO OUT AND USE THIS NEW-FOUND KNOWLEDGE TO BE THAT SNEAKY GUY AT YOUR ACADEMY THAT NOBODY TRUSTS BECAUSE THEY NEVER KNOW WHAT YOU'VE GOT UP YOUR SLEEVE. ONE FINAL WARNING, THOUGH: LIKE ALL JOINT SUBMISSIONS, WRIST LOCKS CAN BE DANGEROUS, BUT ESPECIALLY SO BECAUSE THEY CAN COME ON QUICKLY AND NOT BE PAINFUL UNTIL INJURY OCCURS. So, when you have everything locked up, give your training partner a chance to tap before cranking anything down.

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GEAR LAB

MANTO

VICTORY BJJ GI

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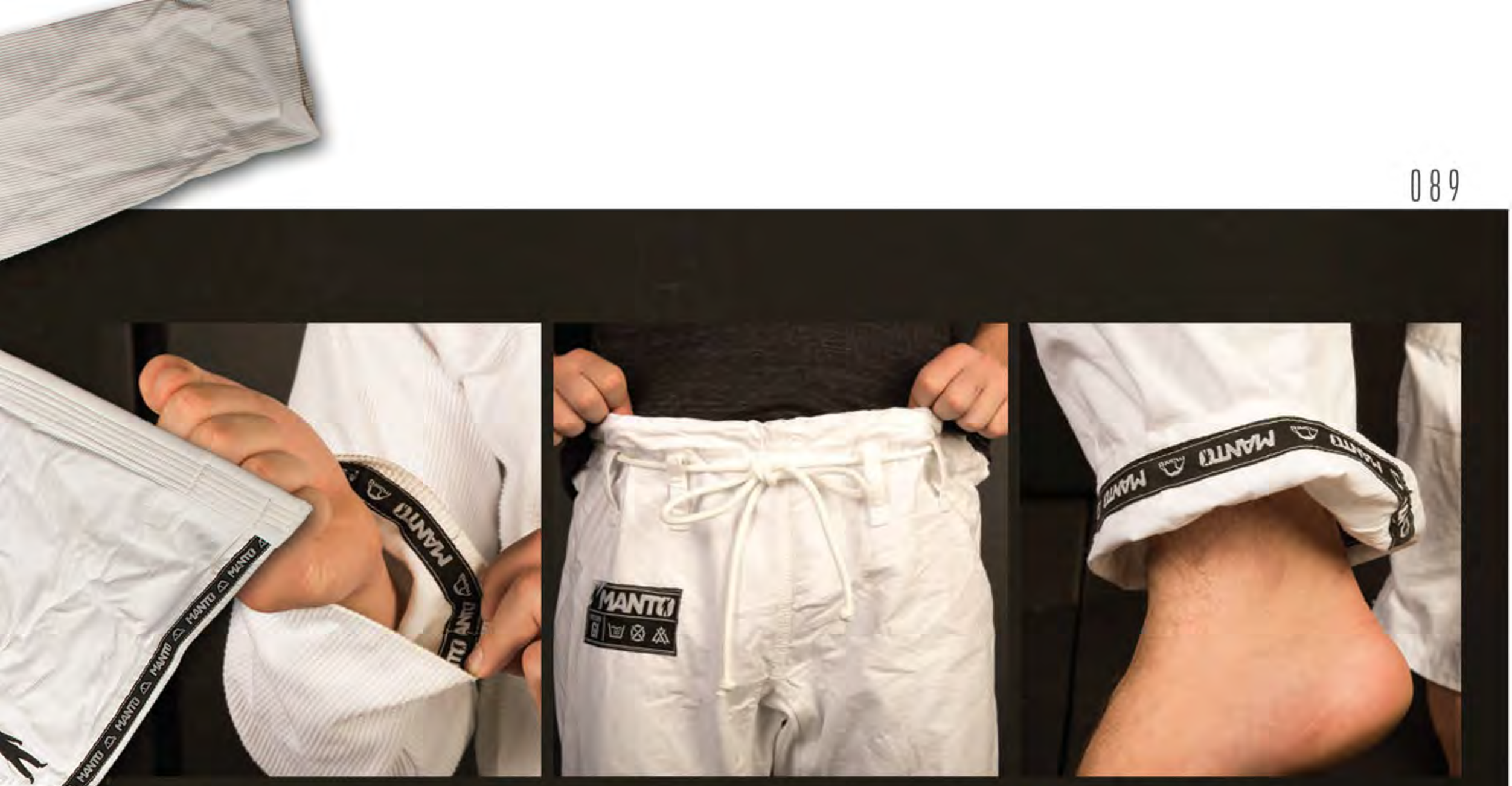
WHEN I FIRST LAY EYES ON A NEW GI SUBCONSCIOUSLY I MAKE A QUICK OBSERVATION, “WOULD I OR WOULDN’T I WEAR THIS?” THERE ARE SOME GI’S THAT ARE JUST NOT TO MY TASTE, AS PHYSICALLY COMFORTABLE AS THEY MAY BE. If I’m not comfortable with how it looks, it’s not going to “feel” right on my body. When I took a look at the Victory gi from Manto the answer to my subconscious was affir tive; “I’d wear it.” Even if I didn’t like the aesthetics, I’d still be able to review and test a gi, but, when I finished it would probably go in the closet never to be seen again or off to a friend. When it came time to test the Victory gi my bias “hoped” I’d like this one because it was one that I thought could be a starter in my gi line-up.



THE JACKET

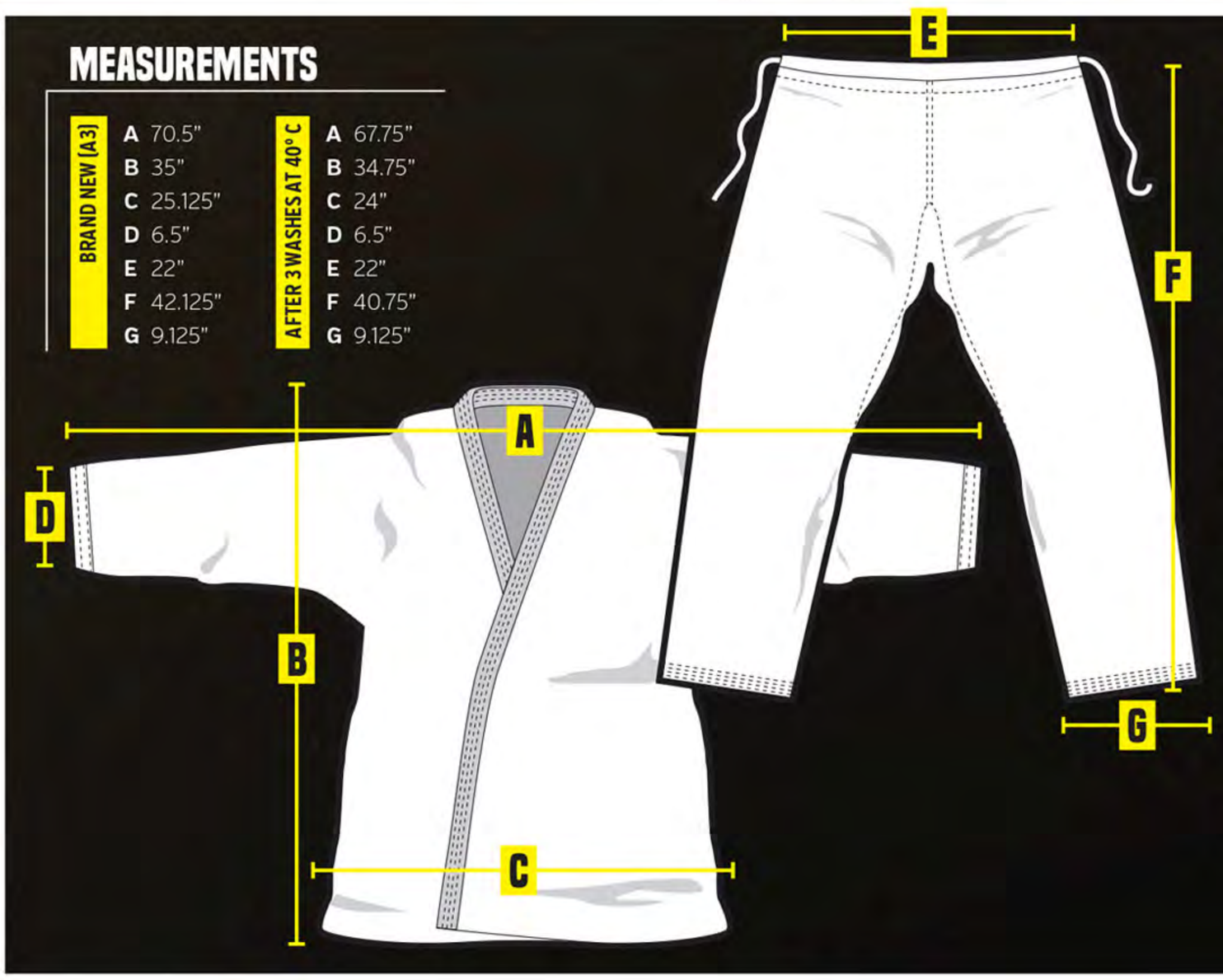
The first thing that struck me is its minimalist design. My test gi was a bright white with black logo work. The current trend these days is contrast stitching. However, the Victory keeps it clean with white stitching throughout. The jacket is constructed of 450 g/sm pearl weave cotton. The feel is relatively soft and flexible. Under close examination the construction looks solid. Triple-stitched seams everywhere you'd expect along with reinforcement patches in all the critical areas; skirt slit, armpits, and shoulders. Soft Nylon " anto" branded tape is sewn into the sleeve cuffs and along the bottom of the jacket. This adds a little flair while providing a little extra durability. The branding is clean, a single medium-sized "Manto" logo is embroidered along the right shoulder. There is a slightly smaller copy of the same logo at the bottom of the right-hand back. Finally, along the left sle ve there's a Manto "Grappler" logo, and at the bottom of the jacket, on the same side, is the Victory logo with the competitor's hand raised celebrating victory. The collar is made of a medium-heavy EVA foam material.

THE PANTS

Like the jacket, the pants feature a clean design, white on white stitching of rip-stop cotton. The material is doubled up in the knees and triple stitches are found in all the seams. A rope drawstring along with four belt loops keeps these draws around your waste during training. Manto black tape is sewn around the inside of the pant leg cuffs as well as the inside of the waistband. Branding is once again minimal, small patch sewn onto the left side shin, an right side thigh.

MEASUREMENTS

	BRAND NEW (A3)	AFTER 3 WASHES AT 40° C
A	70.5"	67.75"
B	35"	34.75"
C	25.125"	24"
D	6.5"	6.5"
E	22"	22"
F	42.125"	40.75"
G	9.125"	9.125"



FIT AND FEEL

My first impression was very pleasing, the A3 gi I tested fit my 6' 1" frame nicely, the jacket closed properly in front and the sleeve length was good, as long as the shrink rate wasn't out of the norm I'd be good. The pants also fit really well, they felt mobile but not baggy. As you can see in the numbers, the shrink in the jacket was about 4% and about 2% in the pants. After a half dozen roll and wash cycles, this gi fits perfectly. The Victory is available in either blue with gold trim, or white with black trim. It's available in a total of seven sizes, A0, A1, A1L, A2, A2L, A3, and A4. If you read the October issue you saw Abraham Marte and Rob Zeps rolling in the Victory gi, both were wearing A3, and both are tall dudes.

GEAR LAB

ROLLING IN IT

If the gi fits, and there are no apparent defects in workmanship, it's pretty tough for a gi to fail this portion of the test. Since the Victory had been gaining A's so far the result on the mats was predictable. Rolling in the Victory was a joy. It looked good, it felt good, no complaints here. I described the collar as medium-heavy, and this proved to be the case when rolling.

Breaking my opponent's grips was not overly difficult. n the gi I never felt like the thickness, or lightness of the collar was going to be a factor in me having to tap prematurely. If my game relied on me using my collar a lot to choke then this might have been a negative, but that wasn't the case. After six or so training sessions there were no apparent signs of premature wear. So far the gi has held up well. Some manufacturers will shy away from contrast stitching because it brings attention to less than perfect workmanship in a gi's construction. I thought that might have been a factor in the Victory. I was very wrong. All of the stitching was clean and straight, with only a few loose threads.

VERDICT

HIGHLIGHT & SPECS

- 450 g/sm pearl weave cotton
- Clean minimalist design
- Medium-heavy EVA collar
- Total weight of 4.05 lbs (A3)
- Triple-Stitching throughout

VERDICT

Great price for a great gi.

PERFORMANCE	★★★★½
QUALITY	★★★★½
VALUE	★★★★½
OVERALL	★★★★½

CONCLUSION

The Victory is a solid gi that features all of the essential "bells and whistles." It features a clean design, perfect for competitors wanting a relatively light-weight gi that appears to be durable along with a clean canvas should they want to patch it up for competition. There are enough sizes available, along with sizing information on the Manto website that anyone should be able to find a perfect size. For all the reasons I mentioned above, and retail price of $139.95, I'd say "Victory" is a fitting name for a great gi.

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GEAR LAB

DEFENSE SOAP

DEFENSE EQUIPMENT SPRAY

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I DO ALL THE THINGS WE SHOULD DO TO HELP KEEP OURSELVES CLEAN, INFECTION FREE, AND SMELLING GOOD. HOWEVER, FROM TIME TO TIME, THINGS START TO GET A LITTLE FUNKY, LIKE THE INSIDE OF MY GEAR BAG THAT CARRIES MY SWEATY GEAR BETWEEN THE OFFICE, THE ACADEMY, AND HOME, AND MY BELT FROM TIME-TO-TIME, MY GLOVES FOR THE DAYS I WORK ON STRIKING. For all these items, we need something else besides the regular laundry routine. We need something like Defense Equipment Spray from Defense Soap.

WHAT IT IS

Defense Equipment Spray is an equipment cleaner that uses Tea Tree and Eucalyptus oils as the active ingredients to help kill germs and bacteria. Defense Equipment Spray is a two-part system, the spray bottle and the concentrate. Since Ultra Violet light is harmful to the active ingredients in the spray the spray bottle is an opaque blue. The spray bottle with an 4-ounce bottle of concentrate sells for $14.99, and refills are available for just $11.99, a 6-pack of refills runs $67.99.

HOW TO USE IT

I filled the spray bottle with concentrate then topped off with water. The instructions say to spray liberally over the surface to be cleaned, allow it to sit for 30 seconds, and then wipe. There was no reference to cleaning fabric. I gave Defense Soap a call and they said that you could spray it and forget it on most surfaces, including things like belts, or the insides of gloves. Be sure to shake the sprayer bottle before each use since the oils and water will separate in time. This spray is not intended for surfaces that you walk on. Since the active ingredients are both oils, things might become slippery.

TESTING

I tested the spray on my gear bag, belt, boxing gloves, and most pungent of all; my son's hockey gear.

My bag didn't smell bad at all; I have a Gameness Gi Bag I've been using for a while. The bag has venting and the inside is lined with a slick material that stays dry and doesn't really let the bad stuff attach to it. I sprayed the inside of the bag liberally, let it sit for a couple minutes, and then got a clean white towel and wiped it down. I was surprised by how much dirt and grime there was in there from repeated use, shown to me against the clean white towel. Next, my boxing gloves, these didn't smell bad and were relatively clean. The spray had no adverse effects on the leather, and again, what appeared to be clean, was a little dirty. That night when I got home I grabbed my belt and sprayed it liberally with the spray. Then I hung it out on the clothesline in the garage to dry. Next up was my son's gear. I put all the left side gea on the garage floor and sprayed, and sprayed, and sprayed. I covered everything; the gloves I got as deep inside as I could, the pads, the skates, everything. I kept the right side gear in the bag to be my control sample to compare to the next day. When morning came the first thing I gave a whiff to was my belt, and it smelled great. There was no noticeable odor left. ext up was the hockey gear. The left side pads smelled n ticeably better than the right. The left s ate was also pretty good. The glove was better, but not as noticeable as the other items. I attribute this to the fact that it's pretty difficul to get any spray deep inside the finger wells. I did spray some on glass to see what type of residue was left fter drying. There is a slight clear residue left from the oils, but it wasn't slippery.

CONCLUSION

Overall, I was pretty impressed with the Defense Equipment Spray. When this bottle is finished, I'll probably opt for the 6-pack of refills. It's convenient, is priced in line with other high-quality cleaning products, uses natural ingredients, and doesn't contain any chemicals. That's important for me using anything on my son's gear, or anything that we might have up against our bodies.

VERDICT

The active ingredients are known to be a much safer option than chemicals producing a similar outcome. Good value and effective.

PERFORMANCE ★★★★½

VALUE ★★★★☆

OVERALL ★★★★☆

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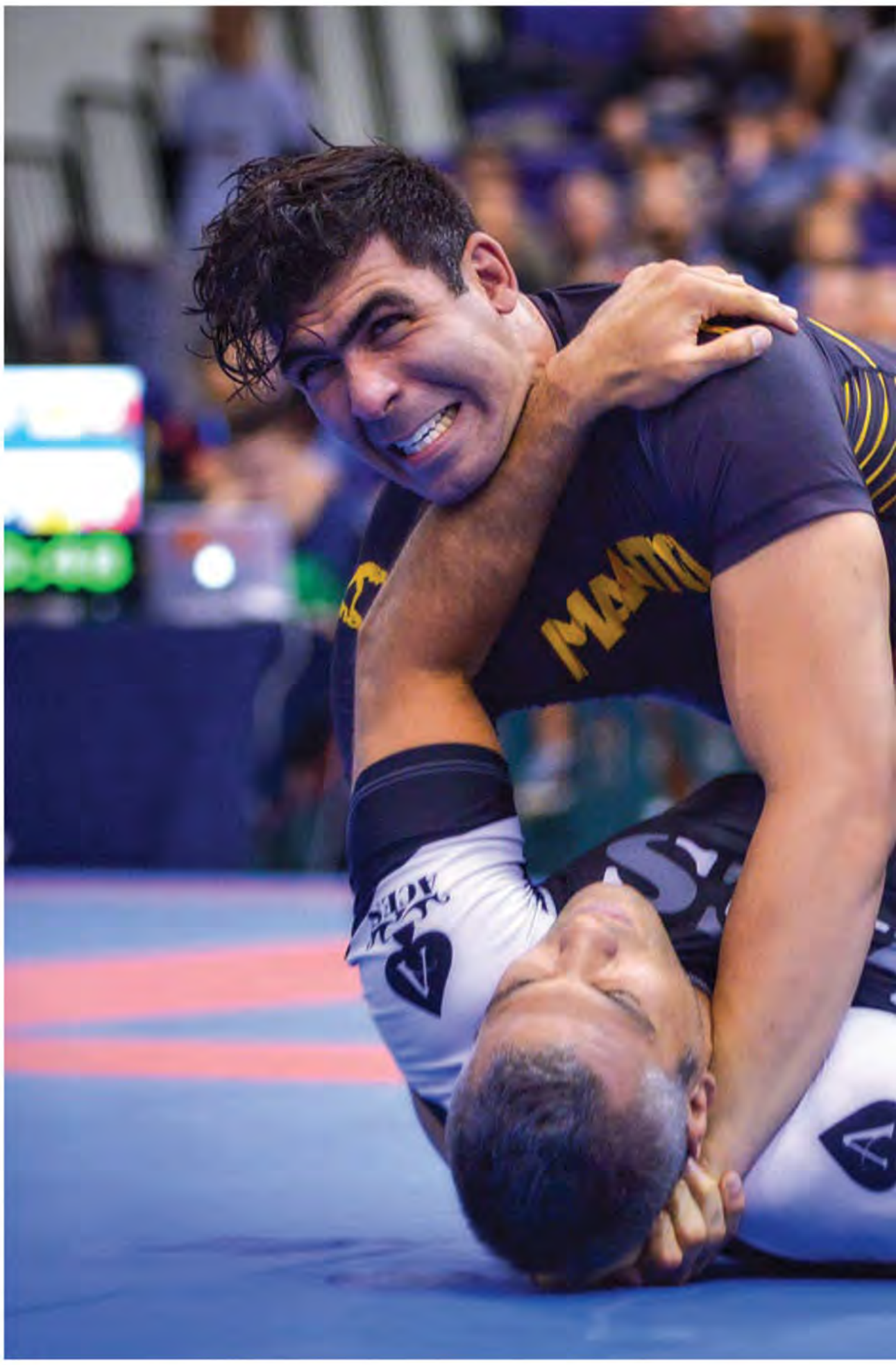
PAN JIU-JITSU NO-GI IBJJF CHAMPIONSHIPS TWO

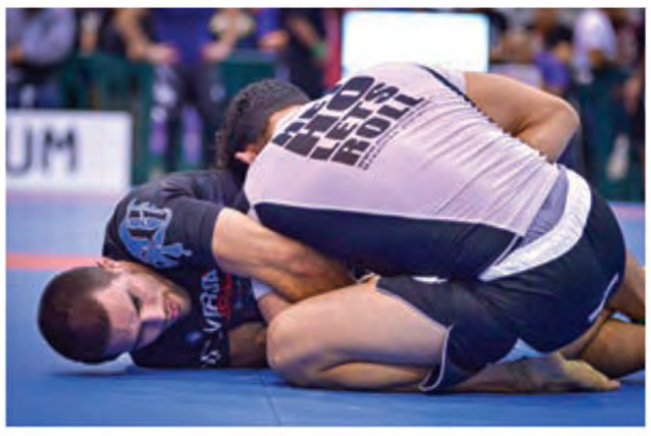
WORDS: **STAFF** | PHOTOS: **ALBERTO MARCHETTI**

WHEN YOU THINK OF ICONIC CITIES IN AMERICA, YOU IMMEDIATELY THINK OF NEW YORK CITY. HOME TO THE STATUE OF LIBERTY, THE EMPIRE STATE BUILDING AND MANY OTHER NATIONAL LANDMARKS, IT ALSO PLAYED HOST TO THIS YEAR'S NO-GI PAN AMS. The venue was the City College of New York, referred to as City College by the locals. Interesting note, City College was the first publicly funded higher education establishment in the United States. It's the cornerstone of the entire public higher education system in New York. This event has become one of the largest grappling tournaments on the East Coast. Locals and visitors from around the world were treated to some great no-gi grappling. Many familiar competitors were in attendance this year, including local superstar Garry Tonon. Garry is no stranger to no-gi jiu-jitsu competition. He consistently leaves grappling events with a gold medal around his neck as he dishes out leg locks like candy on Halloween.



MPIONSHIPS

THOUSAND FIFTEEN



2015 NO GI PAN
IBJJF JIU-JITSU CHAMPIONSHIP

WINS WORTH NOTING

This year, Garry was able to take 1st in the lightweight division, but Matheus Diniz of Marcelo Garcia's school halted Tonon's attempt for double gold at the Pans with a wristlock. When Diniz began to apply the lock, Garry let out an audible yelp that was rightfully considered a verbal tap. Exactly how deep or painful it was, only Garry knows. Regardless, the win went to Diniz who had an excellent weekend. The Miyao brothers, Paulo and João, now New York locals, were both able to take the top spots on the podium in their divisions: Joao in light feather over Ricardo Diego and Paulo was able to overcome well-known competitor Gianni Grippo in feather. This month's cover athlete, Otavio Sousa, brought back the gold to California with a middle weight win over CheckMat's Marcelo "Lapela" Mafra. Check out the full list of black belt podiums later in this article.

BLACK BELT ADULT MALE:

Rooster

FIRST ..... Washington Luis do M. Lima - GF Team California

Light Feather

FIRST ..... João Ricardo Bordignon Miyao - PSLPB Cicero Costha
SECOND .. Mark Daniel Ramos - Ricardo "Rey" Diogo BJJ
THIRD ..... Joseph Best - Balance

Feather

FIRST ..... Paulo Henrique Bordignon Miyao - PSLPB Cicero Costha
SECOND .. Gianni Paul Grippo - Alliance Marcelo Garcia
THIRD ..... Mayko de Araujo Girotto Borges - CheckMat
THIRD ..... Edson Francisco de Oliveira - Barbosa JJ

Light

FIRST ..... Garry Lee Tonon - Gracie Elite Team America
SECOND .. Rodrigo Lamounier de Freitas - Rodrigo Freitas Brazilian Jiu-Jitsu
THIRD ..... Renan Borges - New England United BJJ
THIRD ..... Bricklin J. Welch - Redzovic International

Middle

FIRST ..... Otavio Ferreira de Sousa - Gracie Barra
SECOND .. Marcelo França Mafra - CheckMat USA
THIRD ..... Jonathan T. Satava - Alliance Marcelo Garcia
THIRD ..... Mansher Khera - Alliance Marcelo Garcia

Medium Heavy

FIRST ..... Marcos Vinícius da Silva Tinoco - Alliance Marcelo Garcia
SECOND .. Matheus Oliveira Diniz - Alliance Marcelo Garcia
THIRD ..... Thiago Sá Fortes Silva - CheckMat
THIRD ..... Thomas Alban Jules Loubersanes - Atos Jiu-Jitsu

Heavy

FIRST ..... Roberto Torralbas - Team Lloyd Irvin
SECOND .. Neiman Gracie Stambowsky - Renzo Gracie
THIRD ..... Andrew J. Maulbeck - Renzo Gracie

Super Heavy

FIRST ..... Guybson Costa e Sá - SAS Team USA
SECOND .. Paulo Henrique Alves da Silva - Zenith BJJ
THIRD ..... Carlos Robson Gracie Filho - Gracie Elite Team

Ultra Heavy

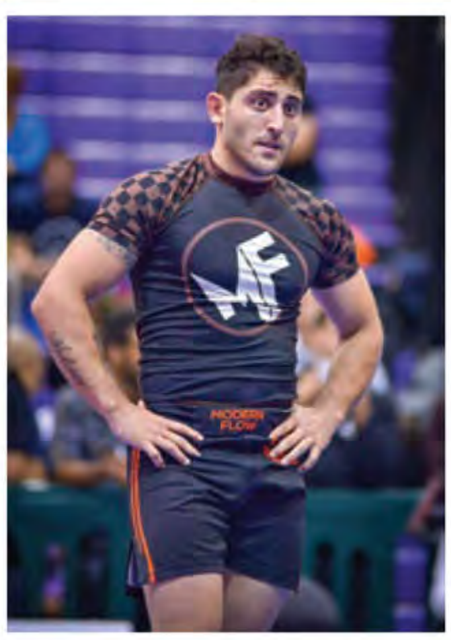
FIRST ..... Gustavo Dias Elias - Gracie Humaita San Diego
SECOND ... Abraham J. Marte Messina - GF Team International
THIRD ..... Jason J Lees - Gracie Elite Team America

Open Class

FIRST ..... Matheus Oliveira Diniz - Alliance Marcelo Garcia
SECOND .. Garry Lee Tonon - Gracie Elite Team America
THIRD ..... Gianni Paul Grippo - Alliance Marcelo Garcia
THIRD ..... Guybson Costa e Sá - SAS Team USA

EAST VS WEST

Marcelo Garcia's Alliance team took the top honors in the Male Adult category and overall with many of their competitors doing very well. This event was an accomplishment unto itself, but also served as an East Coast tune-up for the battle going down soon out on the West Coast! I'm talking about the No-Gi Worlds happening in Long Beach, California November 7th and 8th. We expect to see some wicked East Coast/West Coast battles at this year's No-Gi Worlds that will lay to rest the debate on which side is the best side.



BLACK BELT ADULT FEMALE!

Light Feather

FIRST ..... Marcela Lawton - New England United

Feather

FIRST ..... Vianca J Jager - East Coast United BJJ

SECOND .. Fiona M. Watson - Notorious Mixed Martial Arts

THIRD ..... Bibiana Dios Tan Pacini S. Silva - UFC Gym Stamford / BDT BJJ

Light

FIRST ..... Karen Deisy Antunes Girotto Borges - CheckMat

SECOND .. Maria Dolores Asensi Gonzalez - Climent Club

Medium Heavy

FIRST ..... Megan Ann Nevill - Alliance Marcelo Garcia

SECOND .. Monique Ricardo Carvalho - CheckMat USA

Super Heavy

FIRST ..... Alison Victoria Tremblay - Brazilian Top Team

Open Class

FIRST ..... Alison Victoria Tremblay - Brazilian Top Team

SECOND .. Megan Ann Nevill - Alliance Marcelo Garcia

THIRD ..... Karen Deisy Antunes Girotto Borges - CheckMat

THIRD ..... Maria Dolores Asensi Gonzalez - Climent Club

Long story short, if you're not listening you should be!

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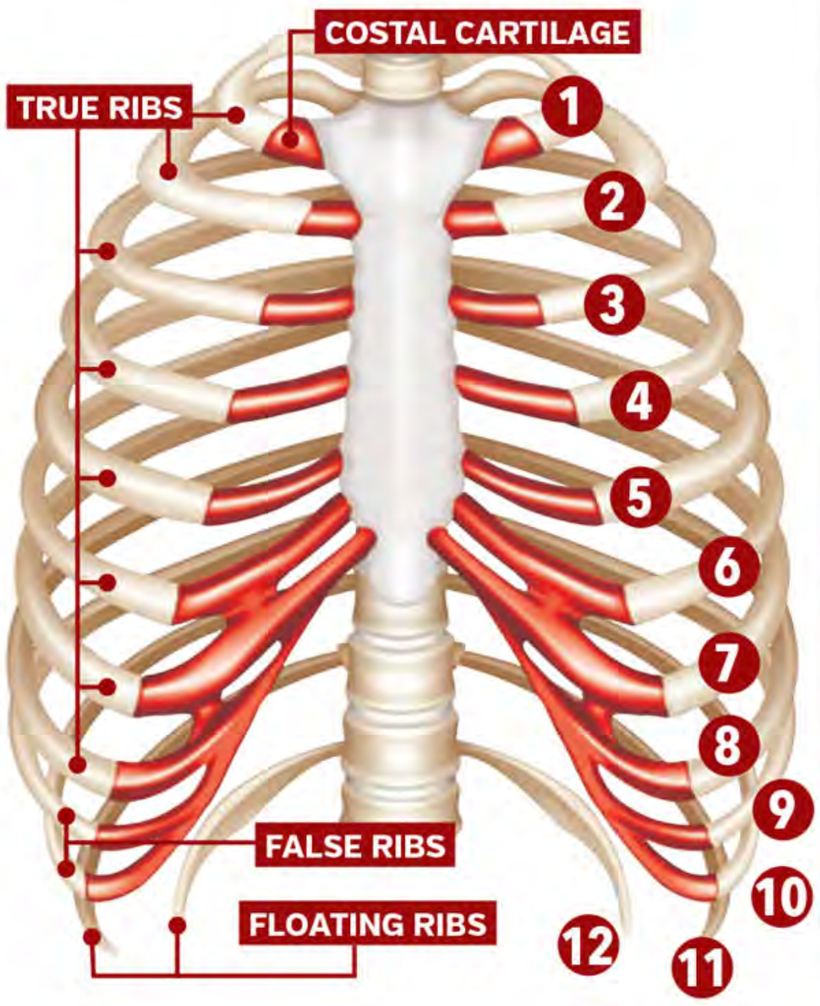
WITH **Lee Day, MD Physician and BJJ Practitioner**

Please note that this is provided as general education and is not intended to treat or cure any condition. Anyone reading should speak directly to their personal health care provider about their specific medical needs

Q: WHAT CAN YOU SHARE WITH ME ABOUT THE CONDITIONS AND TREATMENT FOR COSTOCHONDRITIS IN JIU-JITSU PRACTITIONERS? MOST OF WHAT I HAVE FOUND SO FAR TALKS ABOUT USING IBUPROFEN, ICE, GLUCOSAMINE WITH CHONDROITIN, FISH OIL, AND REST.

A IN THE HOSPITAL SETTING, COSTOCHONDRITIS IS SOMETIMES SEEN SINCE THE PAIN CAN MIMIC A HEART ATTACK. COSTOCHONDRITIS IS A COMMON CAUSE OF NON-CARDIAC CHEST PAIN AND IS DEFINED AS INFLAMMATION OF THE CHEST WALL CARTILAGE. Rather than being directly connected to the sternum, the rib bones are instead connected via a segment of cartilage. This cartilage is called costal cartilage and allows the chest wall to have elasticity during breathing. The first seven ribs are considered true ribs and have a single section of cartilage connecting them to the sternum. Ribs eight through ten are termed false ribs and their cartilage is indirectly connected to the sternum by attaching to the costal cartilage of the ribs above. Ribs eleven and twelve are known as floating ribs, as they do not connect to the sternum. Due to the anatomy of the rib cage, repeated pressure on the junction between bone and cartilage can lead to inflammation and pain. I'm one of the lightest guys at my gym, so - needless to say - I spend a lot of time on the bottom. Because of this, I will occasionally have chest wall tenderness for a few days after rolling.



Other causes of costochondritis are exercise, chronic cough, viruses, or injury, and it generally presents as chest wall pain that worsens with breathing and upper body movement. Pressing over the costochondral junctions will often reproduce the pain. Luckily, costochondritis is a self-limiting condition, and the goal of treatment consists of pain relief. Acetaminophen or NSAIDs, such as ibuprofen or naproxen, are helpful for pain relief. There is some debate between using heat vs. ice, but most of the literature I've read recommends applying a heating pad several times a day. Glucosamine, chondroitin,

and fish oil are commonly used supplements, but there are no studies on the use of these compounds in costochondritis. The lack of studies doesn't mean that these agents wouldn't work. For example, fish oil has well known anti-inflammatory properties, and there are some studies showing similar efficacy to NSAIDs for pain relief. There is also some overlap of the mechanism of action, so it stands to reason that fish oil could provide a benefit in costochondritis.

If you are experiencing new, onset chest pain, you should get checked out by a physician before attempting any self treatment.

WHY DO MY KNEES CRACK WHENEVER I SQUAT?

JOINT ISSUES ARE A COMMON PROBLEM IN MEDICAL PRACTICE. ASSUMING YOU HAVE HAD NO PRIOR TRAUMA, THE LIST OF PROBLEMS THAT ALSO CAN CAUSE CRACKING IS SHORT AND TYPICALLY BENIGN. If there is no pain associated, the cracking sound is likely to be typical joint popping – just like your knuckles. You would think the cause of joint popping would be common knowledge, but the exact mechanism isn't known. One of the most supported theories has to do with bubble collapse in the joints. Most joints in the body are articulations between two bones that allow movement. Separating those bones is a closed fluid-filled capsule called a synovial cavity. When the bones are pulled away from one another, there is a change in the pressure of the cavity and a bubble is formed. The bubble quickly collapses and makes a cracking sound. Additionally, you often can't crack joints again until a refractory period has passed.

In 2015, an article that added to the debate was published in the journal PLOS ONE. In the study, real-time magnetic resonance imaging (MRI) was used to view the synovial cavity during traction of finger joints. They noticed that as the joint was pulled apart, a bubble was formed. Interestingly, the bubble remained visible on the MRI after the joint made the cracking sound. The study suggested that joint cracking is associated with the formation of the bubble rather than the bubble's collapse.

Almost any joint that has a synovial cavity can make a cracking noise, and the knee is no exception. If you are experiencing pain with the cracking sound, or continued cracking without a refractory period, that is different and should be examined. Some causes of knee cracking with pain include meniscal tears, patellofemoral syndrome, and osteoarthritis. Your physician can perform various physical exam maneuvers to help determine the cause of the knee pain/cracking and make suggestions to help keep you on the mats.

The other day, I forgot to cut my nails, and I ended up cutting one of my teammates pretty bad. We didn't realize it until the end of the roll and there was a lot of blood on both of us. Am I in danger of catching something?

From the question, it seems like you accidentally cut your teammate, but didn't cut yourself. A contact sport like jiu-jitsu will certainly lead to accidents like this, and it's important to know your risks and what to do. The main worry in this instance would be a virus that is spread through the blood. Hepatitis B, hepatitis C, and HIV are the three blood-borne pathogens that cause the most concern in the US. Fortunately, intact skin usually provides an adequate barrier. If you have any break in the skin, however, there is a chance of infection if the weakened skin comes in contact with infected bodily fluid, such as blood. Mucous membranes, such as the mouth, eyes, and nose, may also be a route of transmission if exposed. Of the three viruses listed, hepatitis B is actually the most infectious, but a majority of people in the US are vaccinated against this virus. There is currently no vaccine for hepatitis C or HIV. Regardless, if you are exposed to someone else's blood – intact skin or not – you should immediately wash the exposed area thoroughly with soap and water. I would have to advise against the BJ Penn method (search "BJ Penn Blood Lick"). It's important to understand that your chances of contracting one of these viruses from rolling are very low, especially if you follow some common sense practices for hygiene. If you are concerned that you were infected, your doctor can perform blood tests.

TYPES OF BLEEDING

I READ SOMEWHERE YOU SHOULDN'T TAKE IBUPROFEN AFTER ACTIVITIES LIKE ROLLING SINCE THE SWELLING IS SUPPOSED TO BE GOOD FOR YOU. IS THAT TRUE?.

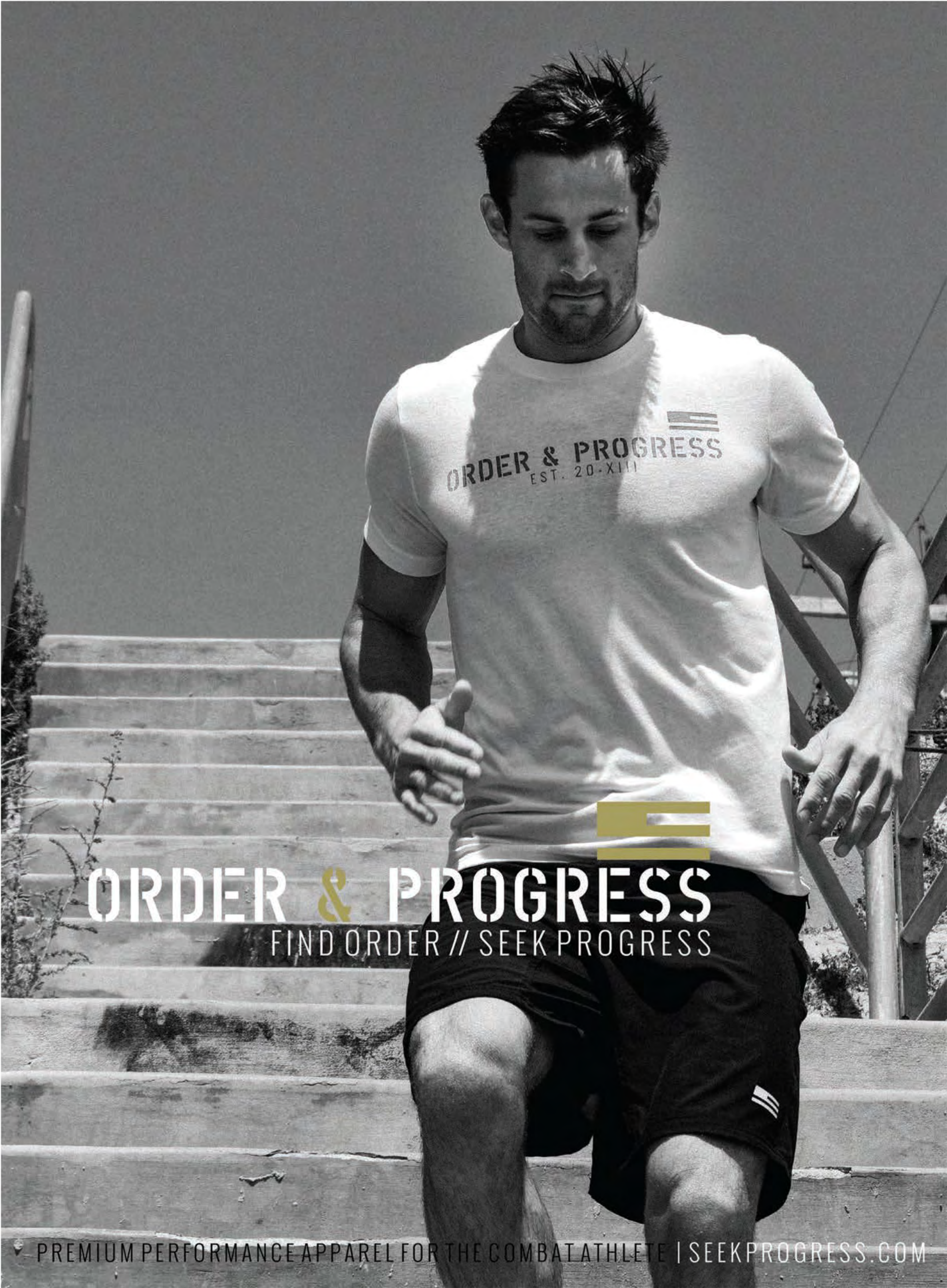
THIS IS AN INTERESTING QUESTION, BUT LIKE MANY THINGS IN MEDICINE, THE ANSWER IS THAT IT DEPENDS, AND MORE RESEARCH IS NEEDED. IBUPROFEN BELONGS TO A CLASS OF OVER-THE-COUNTER AND PRESCRIPTION MEDICATIONS CALLED NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS). Over-the-counter NSAIDs include ibuprofen, naproxen, and aspirin, and they are among the most commonly taken medications in the world. NSAIDs block an enzyme called cyclooxygenase and decrease inflammation, pain, and fever due to this effect. The pain mitigating and anti-inflammatory effects are the major target in using these medications, but it should be noted that the acute inflammatory pathway is necessary for healing. One could hypothesize that use of NSAIDs could blunt the necessary inflammatory response and delay healing. Unfortunately, there isn't a lot of strong data to help guide treatment.

Muscle injury, such as bruising, strains, or just typical muscle soreness, are the most common types of musculoskeletal injuries in jiu-jitsu, but tendon, ligament, and bone injuries can occur. The limited data on muscle injury supports the use of a short course of NSAIDs for pain relief and somewhat quicker resumption of activity. NSAID use in ligament injuries has similar evidence for pain and activity resumption. Tendon injuries don't have a strong inflammatory component, so the use of NSAIDs would provide only little help other than some pain relief. Data regarding bone healing has the most striking component, with evidence of delayed bone healing once NSAIDs are used longer than 1-2 weeks. Other than in bony injuries, there is no conclusive data I'm aware of on healing and NSAID use.

Use of NSAIDs is a common practice, but the lack of controlled data can make the use of these medications as much an art as a science. It's reasonable to use NSAIDs for a short time, but the main benefit will be with pain relief. Delayed healing is a theoretically negative effect, but again, the data outside of fractures is limited. What is known is that long term use can lead to bleeding, gastrointestinal issues, worsening of kidney function, and some cardiovascular events. Typical musculoskeletal pain from rolling – in the absence of injury – can be managed without medications, and it's not unreasonable to skip the NSAIDs as their main benefit is with pain relief. If an injury does occur, treatment should be guided by your physician on an individual basis

THE DOCTOR IS IN!

Gotta question for the Doctor? Email your jiu-jitsu related questions and we'll have him check you out. Put "Ask The Doctor" in the subject line and email your questions to **feedback@jiujitsumag.com**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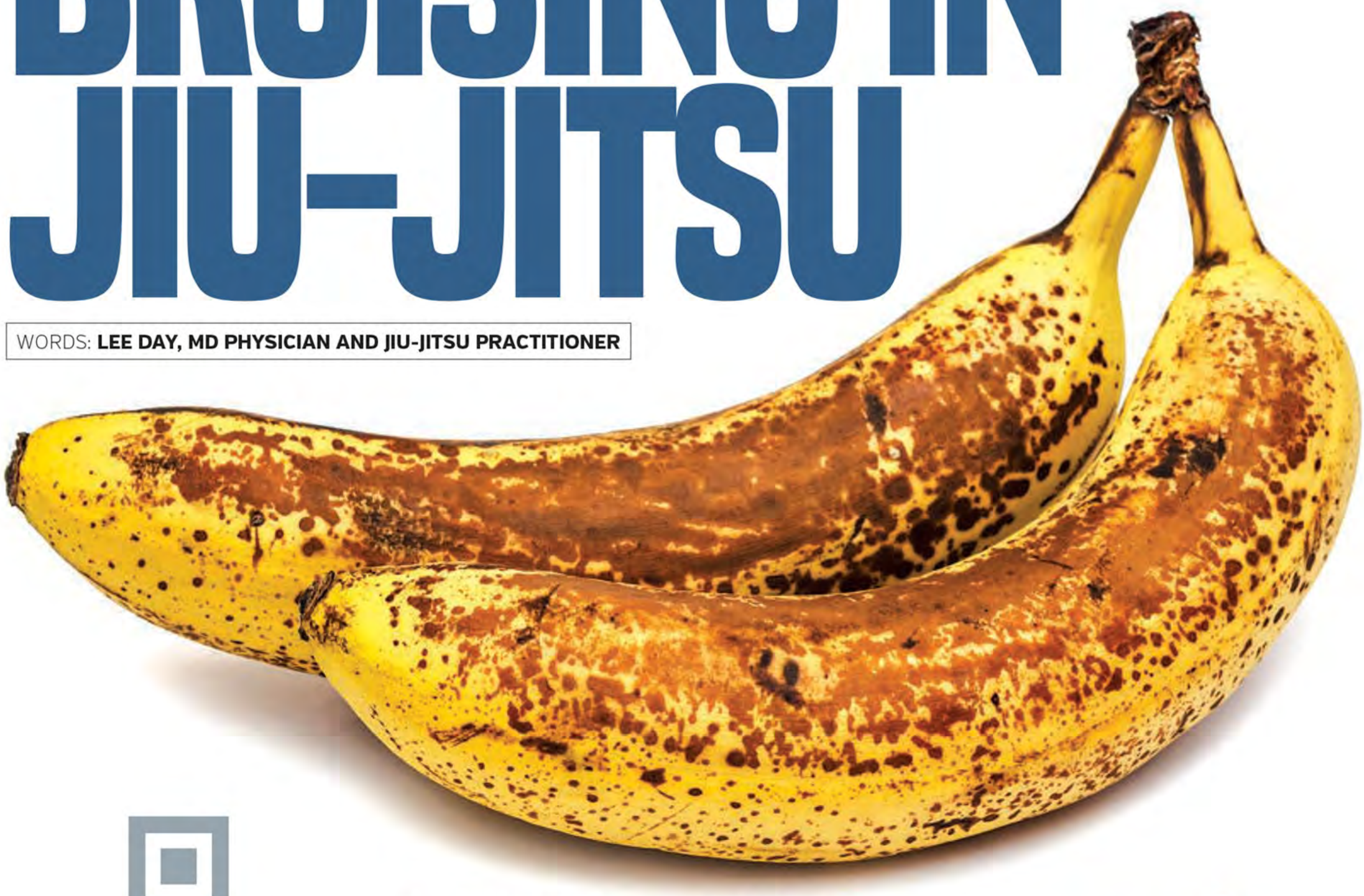
BRUISING IN JIU-JITSU

WORDS: **LEE DAY, MD PHYSICIAN AND JIU-JITSU PRACTITIONER**

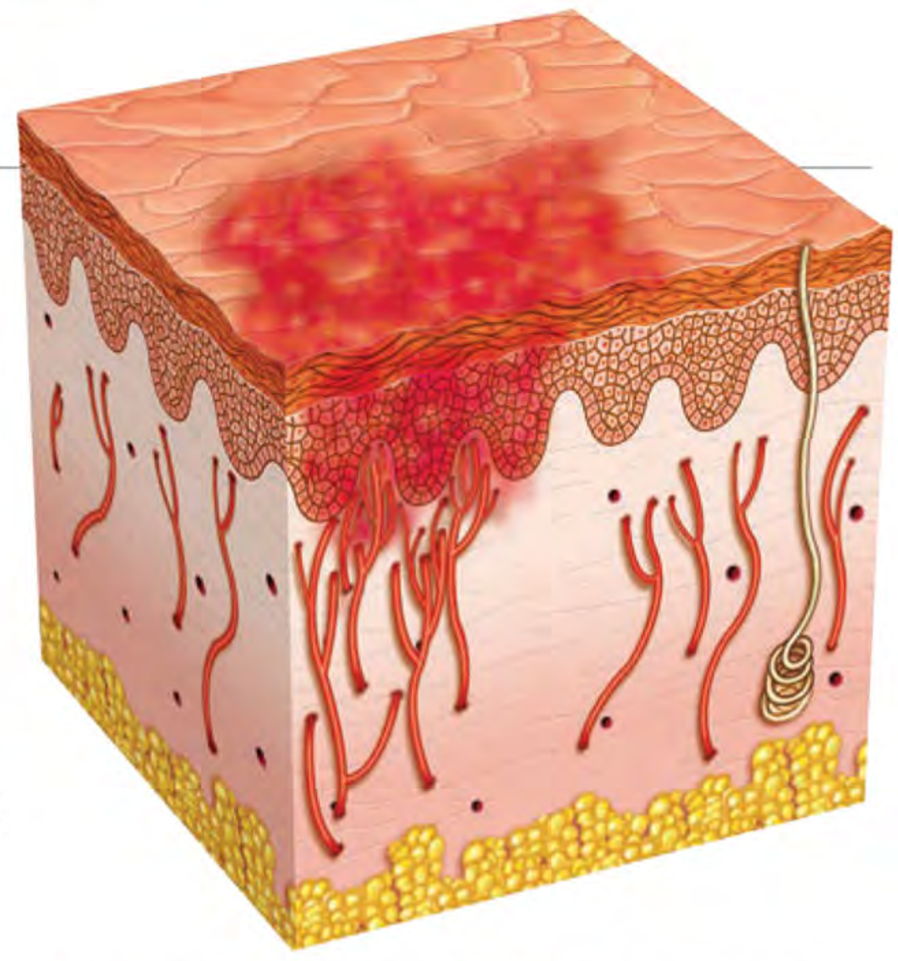


Bruising And Jiu-Jitsu: Relax…It's Normal (Probably)

IT'S FAIR TO SAY THAT MOST JIU-JITSU PRACTITIONERS WILL EXPERIENCE BRUISING AT SOME POINT IN THEIR TRAINING. THE BEGINNING OF ONE'S CAREER SEEMS TO BE THE WORST WITH BRUISING OF THE ARMS AND LEGS SOMETIMES OCCURRING AFTER ROLLING. For some, the bruising gets better over time. Others, like me, continue to find bruises after rolling, even when there was no apparent impact. Although bruising is completely normal, it can occasionally signify some pathological processes.

WHAT IS A BRUISE?

Bruises, or contusions, are among the most common injuries in sports and can be seen frequently in jiu-jitsu. Bruises are usually caused by a direct impact, although you don't always feel the trauma. Grabbing the skin against resistance causes pressure, friction, and shear force that can result in the same process as an impact. The middle layer of the skin, the dermis, contains the most superficial blood vessels. These capillaries are the smallest and most fragile blood vessels in the body, and trauma to the skin can easily break them. The blood then leaks into the tissue beneath the unbroken surface of the skin causing the classic discoloration. Once the vessel is injured, platelets activate and a complex coagulation cascade stops the bleeding. The longer it takes to stop the bleeding, the larger the bruise.



When bruising occurs, blood from the ruptured capillaries (small blood vessels) near the skin's surface escapes by leaking out under the skin.

Please note that this is provided as general education and is not intended to treat or cure any condition. Anyone reading should speak directly to their personal health care provider about their specific medical needs

WHAT IF YOU DON'T REMEMBER THE INJURY?

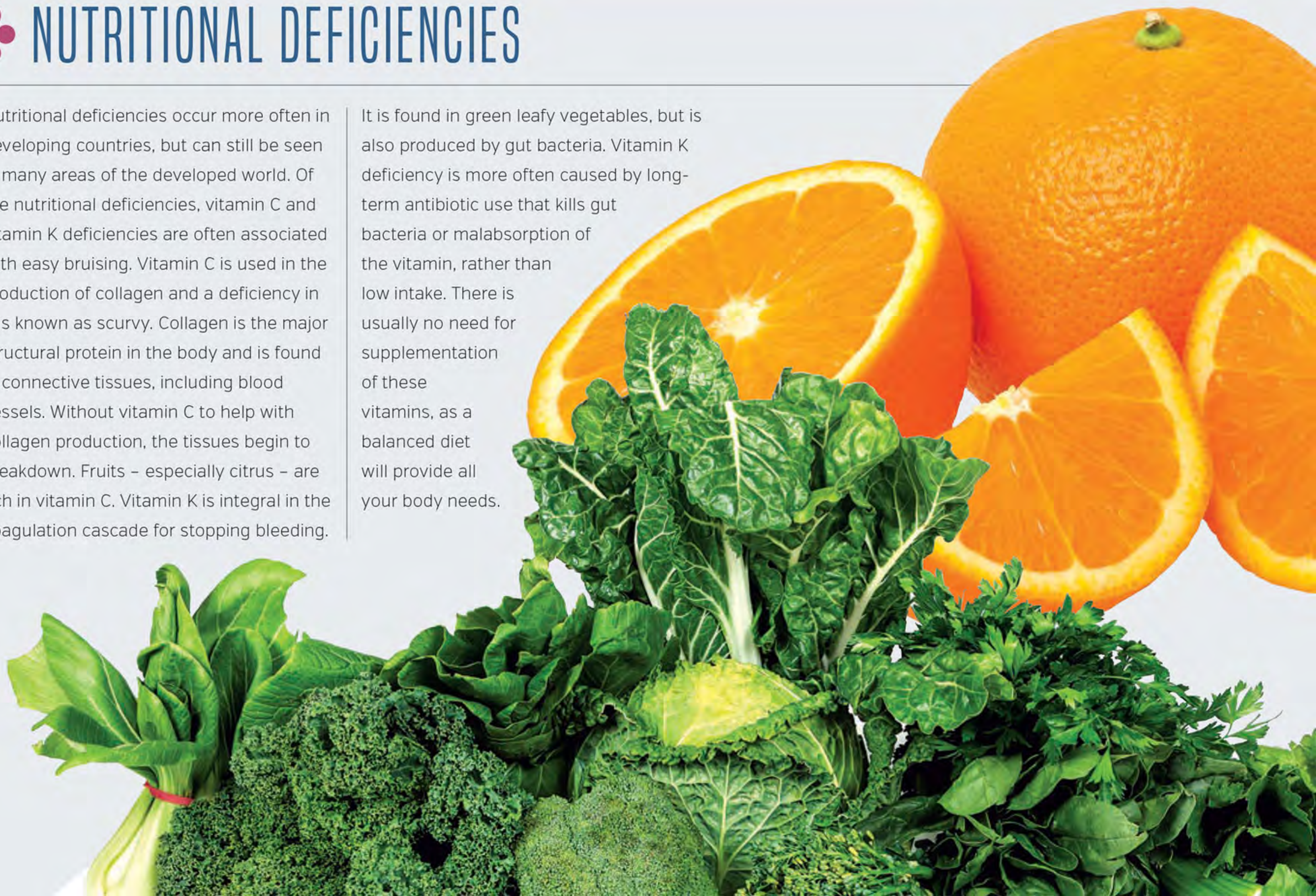
Easy bruising is a common concern among patients in many primary care and hematology practices, and patients often report extremity bruising without known injury. Luckily, it's almost always nothing serious. The differential diagnosis for easy bruising is broad, but some causes can be readily identified. Of these, aging happens to everyone. Superficial thinning of the skin occurs due to a decline in collagen and fat content over time. Thinner skin provides less of a protective barrier and bruises can occur more often. Medications and herbal products are another easily identifiable source. Products that can cause easy bruising include: aspirin, NSAIDs, topical steroids, antidepressants, fish oil, ginkgo, ginger, and vitamin E. It's important to consult with your doctor before stopping any medications, and be sure to let him or her know about any herbal products you take. If you are relatively young, don't take any offending medications, and only have mild extremity bruising, it's likely you just bruise easier than others. The exact mechanism may remain unknown.

What If Other Stuff Is Going On?

Abnormal bruising should be considered if there is additional bleeding on mucosal surfaces – like inside the nose and mouth – or bleeding within joints, a family or personal history of prolonged bleeding with dental or surgical procedures, and locations of bruises other than the extremities. If "no" is the answer to all of these, there is usually no need for any further workup. If "yes," then blood testing will be required to help shed light on the cause. The list of pathologic causes is long, so I'll focus on a few commonly thought of in clinical practice.

NUTRITIONAL DEFICIENCIES

Nutritional deficiencies occur more often in developing countries, but can still be seen in many areas of the developed world. Of the nutritional deficiencies, vitamin C and vitamin K deficiencies are often associated with easy bruising. Vitamin C is used in the production of collagen and a deficiency in it is known as scurvy. Collagen is the major structural protein in the body and is found in connective tissues, including blood vessels. Without vitamin C to help with collagen production, the tissues begin to breakdown. Fruits – especially citrus – are rich in vitamin C. Vitamin K is integral in the coagulation cascade for stopping bleeding. It is found in green leafy vegetables, but is also produced by gut bacteria. Vitamin K deficiency is more often caused by long-term antibiotic use that kills gut bacteria or malabsorption of the vitamin, rather than low intake. There is usually no need for supplementation of these vitamins, as a balanced diet will provide all your body needs.

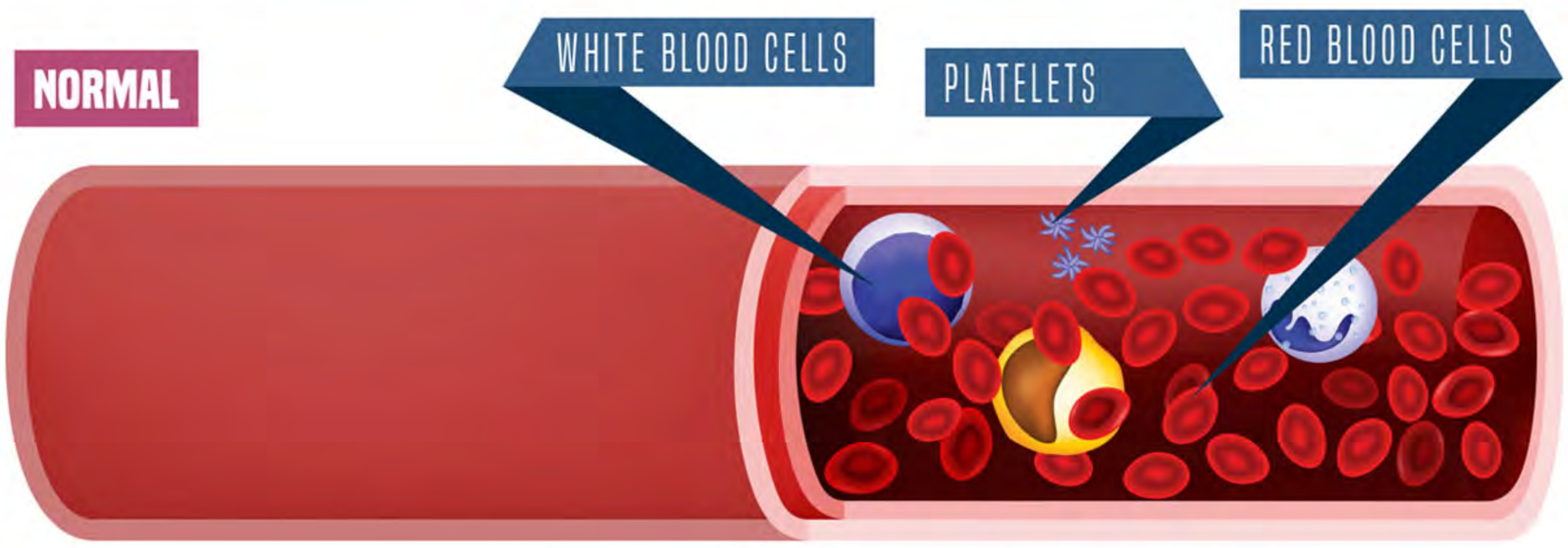


VON WILLEBRAND DISEASE

If an individual has a family history of easy bleeding or bruising, genetic disorders should be thought of. Von Willebrand disease (VWD) is the most common inherited disorder of bleeding and is defined by reduced levels or impaired action of von Willebrand factor (VWF). VWF is involved in stopping bleeding by adhering platelets to one another and to the walls of blood vessels. Clues to the diagnosis include: family history, prolonged bleeding with dental procedures or surgeries, heavy menstrual bleeding, or nose bleeds that last longer than 10 minutes. Symptoms are often mild, but vary among individuals. Treatment depends on the severity of symptoms, but is usually only considered for prevention of bleeding prior to surgical procedures or in acute episodes of bleeding.

LEUKEMIA

You can't talk about bruising without mentioning leukemia since it's among the most worrying causes of pathologic bruising. Leukemia is a term for several types of blood cancers that cause the bone marrow to make abnormal blood cells. The first symptom is often fatigue, but night sweats, easy bruising/bleeding, frequent infections, fever, bone pain, and weight loss can also be seen. Further, the threshold an individual has for seeking care with these nonspecific symptoms is variable. Every patient is different, but for the active jiu-jitsu player, a decrease in rolling ability due to fatigue would likely precede bleeding or increased bruising. Specific treatment of leukemia depends on which type is diagnosed.



NATURAL RESOLUTION OF BRUISES

The healing of bruises naturally occurs over several days. At first, a bruise will appear red as oxygen-rich blood from the capillaries collects under the skin. The oxygen supply lessens within a few hours, and the bruise turns blue. The red blood cells begin to break down after a day or so, and the bruise becomes dark purple or black. At this point, hemoglobin, the protein that contains iron for binding oxygen, begins to break down. Biliverdin is the first breakdown product and results in a greenish color change. Biliverdin is further broken down into bilirubin, which gives the yellow color of an almost healed bruise. Due to the unique colors of the breakdown products, the progress of healing can be monitored, but a bruise will often be in various stages of healing at once.

❖ **1)** All in a week's work for Magda Lopez. **2)** Liz Hum, she's not sure how it happened. **3)** Scott Fernandez after doing Toreano drills with a partner. **4)** Mike Phan tore his bicep tendon while holding his own lapel defending an armbar. **5)** Jason Bender's thigh after a torn hamstring. **6)** Tough night for Jim McCall, he rolled his foot/toes on the mat trying to pass, then got a knee to the eye for his efforts. **7)** Anna McMurrey thought it was broken, but it was just a bad bruise from someone coming down hard on her leg while rolling.

PREVENTION AND TREATMENT

Prevention is the best treatment with bruises, but with jiu-jitsu, prevention can be tough due to the nature of rolling. Wearing a long-sleeved rash guard can help if you're not wearing a gi. Lighter rolling sessions can also be helpful, but I'll let you guys judge if that is right for you. For treatment, application of ice as soon as possible can decrease pain and constrict blood vessels in the area. A bag of frozen vegetables works well since it is able to conform to the contour of the skin, but use a towel to avoid putting ice directly on skin. Elevation and compression of the area can also be helpful to reduce initial blood flow. If pain remains an issue, acetaminophen can be used, but aspirin should be avoided as it can worsen bleeding. Heat may be applied after a couple of days to help increase circulation to promote healing. Kinesio tape and topical preparations of arnica, aloe vera, and comfrey have been suggested to help with bruising, but few conclusions can be drawn from the literature on these due to limited studies with conflicting results.

❖ Kyle Scott was training some Army Combatives with boots on. This is what happens when you get kicked with Army boots on.

❖ A cold compress can help reduce brusing.

WRAP UP

There is a lot of information covered about bruises in this article, but the most important thing is to not be overly concerned with extremity bruising. Bruising with jiu-jitsu is to be expected, even if you don't remember the injury. If extremity bruising with no other symptoms is the only problem, it's unlikely that something worse is going on. Most jiu-jitsu players probably don't care about the cosmetic aspect of a bruise, but ice, elevation, and compression early in the process can help decrease the size. The data on other treatments are largely inconclusive at this point.

BEACH TRAINING FOR JIU-JITSU

WORDS: **WILL SAFFORD** | PHOTOS: **LARRY RANCHES**

IF YOU'VE EVER BEEN TO THE BEACH YOU KNOW HOW CHALLENGING IT CAN BE TO MANEUVER IN THE SAND. THIS IS EXACTLY WHY THE BEACH IS A GREAT PLACE TO CROSS-TRAIN, ESPECIALLY FOR JIU-JITSU. Running in sand has a list of powerful benefits, including strengthening the feet, legs, and core, burning more calories than traditional-surface training, improving balance, and preventing injury. Sand training is also less impact than hard surface training, and thus more forgiving on the joints and body. Although these benefits might be enough to have you heading straight to the beach for your next workout, there are a few important things to know before hitting the sand.

BUILDS YOUR CORE

First, when training on sand, compared to hard surfaces, you must generate more force to move due to the surface giving way below your feet. This requires the ankle to work through a fuller, more natural range of motion, strengthening and stabilizing all of the components of the foot and lower leg. As jiu-jitsu players, we need strong, stable feet for an active guard, stability against sweeps when passing, and to prevent injuries to the ankle, knee, and hip. Many times, knee issues can evolve from dysfunctions within the foot. Stability in this area will promote stability up the chain to the knee and hip, helping to prevent injury and build confidence, especially when on one foot. Due to the uneven and sometimes unpredictable surface of the beach, balance and coordination is tested, which helps to strengthen these qualities, as well as develop the core.

WORK HARDER

The higher force demand of sand training requires more caloric output, and an increased response from the heart. In other words, you will work harder and burn more calories when training on the beach. It has been shown that even though training in sand puts a larger demand on the body, it doesn't result in a higher recovery demand compared to traditional surface training. The reasoning is that the forgiving nature of the sand's surface has lower impact on the joints, causing less damage to the body, and less recovery than normal, hard surface training. This is especially beneficial to grapplers who are so heavily taxed on the mats, they can't afford extra recovery demands from supplemental training.

SAND THROUGH THE HOURGLASS

Sand training can be done barefoot or with shoes. The most benefits are gained from barefoot training, however, grapplers new to beach training should ease into this to prevent injury. Even if you decide to keep the shoes on, it's best to build up your distance and time spent training on the beach. For example, if you typically run for 30 minutes, it would be smart to start with 15 or 20 minutes on the sand. As mentioned, small stabilizing muscles will be forced to work overtime in sand, so build them up over time. Inevitably, you will be sore from sand training, so factor that into your training schedule. If deciding to run barefoot, start with 5 minutes with no shoes, then gradually add time to your workouts. Be careful of rocks, sticks, glass, etc. as well.

SWITCH IT UP

When you get to the beach, you can either choose to run close to the water's edge in the wet, harder sand, or further away in the dry, softer sand. When starting out, it's best to start in the harder sand and progressively move further from the surf. You may have to take a look at the tides before you head out. Low tide will provide more hard, wet sand to run on, while high tide will leave you near the dry, soft sand. Running in soft sand is very demanding and should be approached progressively. Foot and ankle injuries are much more likely in the soft sand, so you will want to work up your time training there. A good workout is to run for 1 minute on the hard sand then cut up and run 15 seconds in the soft sand, then back down to the hard sand for 1 minute, alternating like this for 10 to 20 minutes. You can experiment with long runs, intervals, sprints, agility drills, crawling, jumping, bounding, etc., and find what challenges you like. Have fun, be safe, and don't forget the best part of beach training: taking a cool dip in the ocean after!

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GI 411

"WHAT WAS THE NAME OF THAT GI THAT GUY WAS WEARING?" It's a common question, often times the name escapes even the most seasoned gi sophisticate. For that reason we went through the task of collecting the name and web address of every gi maker we could find. If there's someone missing, or if you're a gi company that would like your logo included let us know. Email **gis@jiujitsumag.com**

#

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A

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acsgear.com

AGGROBRAND
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AESTHETIC
fightaesthetic.com

AK
akbjj.com

ARMADURA
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ARMOR KIMONOS
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tatamifightwear.com

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FUSHIDA
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GAMBARU FIGHTWEAR
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GAMENESS
gameness.com

GAWAKOTO
store.gawakotoclothing.co.uk

GORILLA GEAR
gorillagear.ca

GRAB AND PULL
grabandpull.co.uk

GRACIE BARRA WEAR
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GRIPS
gripsathletics.com

GROUND GAME
groundgameshop.com

GROUNDWORK GEAR
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GRUNT WORK CLOTHING
gruntworkclothing.com

GRYPP STYLES
gryppstyles.com

H

HAPPY KIMONOS
happykimonos.webs.com

HAYABUSA
hayabusafight.com

HCK (HOWARD COMBAT KIMONOS)
howardliu.com

HYPERFLY
doordie.com

HYPNOTIK
bjjwarehouse.com/hypnotik

I

INVERTED GEAR
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isami-eng.com

J

JACO
jacoclothing.com

JIU-JITSU ATHLETICA
brazilianfightwear.com

JIU-JITSU PRO GEAR
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MOYA BRAND
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OMEGA MANIAC
omegamaniac.com

ONDA
shop.ondabjj.com

ORIGIN
originmaine.com

OSS CLOTHING
ossclothing.com

OSS KIMONOS (BRAZIL)
osskimonos.com.br

OTM (ON THE MAT)
onthemat.com

OUANO
ouano.com

P

PADILLA & SONS
matrat.us

PIRANHA GEAR
piranhagear.com

PLATINUM BJJ
platinumbjj.com

PODIUM
podiumjiujitsu.com

PRANA GI COMPANY
pranagicompany.com

PRESSURE BRAND
pressurebrand.com

PROFORCE MARTIAL ARTS
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PROGRESS
progressjj.co.uk

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tukanokimonos.com

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valorfightwear.com

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vandalkimonos.com

VHTS (VERY HARD TO SUBMIT)
vhtsny.com

VENI VIDI VICI
vvvfightco.com

VENUM
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VULKAN
vulkanstore.com

W-Z

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5 STEPS TO BEING A SUCCESS

OVER THE YEARS THIS PAGE HAS HOSTED A LOT OF REMARKABLE STORIES FROM SOME REMARKABLE PEOPLE. MOST OF THE SUCCESS STORIES WE'VE SHARED HAVE BEEN FROM PEOPLE JUST LIKE YOU AND I WHO MAYBE LET THINGS SLIP AND FOUND THEMSELVES UNHAPPY WITH THEIR BODIES. Some of the stories came about through some life-threatening event; a doctor with a terrible diagnosis, or maybe the subject of the story discovered on their own that they were no longer content with their current state. Whatever the reason, the stories that have been shared on this page have been quite motivational. Embracing jiu-jitsu can have profound effects in every area of life, but most importantly, in your physical being. Without a healthy body nothing else really matters. We're only given one so take care of it. Through the years of success stories there are patterns that have emerged. We've identified five common traits that, if you grasp, you will no doubt have a story worthy of sharing on this page someday.

1. TRAIN

What do all our success stories have in common? They all train jiu-jitsu. Getting to class at least 3 days, ideally 4 days a week is going to be about 80% of the battle. If you were to do nothing else but mix in 4 weekly training sessions into your life that's about an extra 2400 to 4800 calories burned a week. Depending on your age and body type, jiu-jitsu training can burn roughly 800 calories an hour. With every class you take your jiu-jitsu and physical well-being will improve.

2. HAVE A SYSTEM

Getting to class on a regular schedule might not be as easy as we might hope, for that reason we need a system. It could be doing some errands on your lunch hour the days you plan on training, or making sure your wife or husband can handle the kids at that time. Whatever you need to do, recognize those tasks and create a system so that when 6 o'clock rolls around you'll have nothing keeping you from your most important task,, rolling around.

3. CHANGE YOUR WANTS

Famous cartoonist Scott Adams talks about his "eat anything you want whenever you want" diet. He's fit thanks to his ability to change his wants. When you're out of shape and live a busy life a double-bacon cheeseburger can sound pretty good. However, after you've gotten some momentum from training regularly and seeing the benefits of jiu-jitsu that cheeseburger will seem less and less tempting. It's not going to make you feel good on the mats, it's going to slow you down. Instead, some lean chicken breast or grilled salmon seasoned however you like with a rainbow of grilled vegetables will make your mouth water if you change your mindset and associate the positive and negative feelings of different food types. Thinking about how you'll feel after is usually enough to do the trick.

4. BE PART OF THE TEAM

If you haven't yet read this month's editorial on page 8, it has to do with how jiu-jitsu is a team sport. However, in addition to improving your performance on the mats, being part of the team will raise you to your desired level of health. Make friends with your teammates off the mat, don't just cut out right after class. Get to know them, share goals and desires having to do with your weight or level of fitness. Surrounding yourself with like-minded individuals will make it easier to make the right choices, and give you a little more motivation to make it to class to choke out some of your closest friends.

5. DON'T GIVE UP

Also in this issue we talked about the fact that so many will quit once they reach blue belt. It can be said that every new belt is just the beginning. The blue belt problem might be attributed to new students that see it as the immediate goal. Once they achieve that they feel there's nothing more to gain. If you're a white belt and you see your blue belt as a goal erase that thinking immediately. Instead, consider looking at your training as a system to improve your life. Make all of the previous steps part of the process that, if done regularly, will improve your life for the better, because it will.

Do you have a Success story to share with your fellow readers? If so send it in, tell us how jiu-jitsu has improved your life. If a physical change has been a noticeable improvement be sure to include before and current photos. Send them to **feedback@jiujitsumag.com.** Be sure to put "Success" in the subject line.

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